

THE SAN FRANCISCO

35¢

BAY GUARDIAN

SINCE 1966, THE WEEKLY NEWSPAPER OF SAN FRANCISCO AND THE BAY AREA, JULY 9 THROUGH JULY 16, 1976, VOL. 10, NO. 40.

CAN THIS WOMAN LIVE 3,000 YEARS?



PHOTO BY CHARLEY FRANKLIN

New breakthroughs by California scientists in the search for life without death. Page 6.

Ralph Nader on TV satellites

Introducing a regular column by the nation's leading consumer activist. Page 4.

A guide for two-fisted tea drinkers

28 places to find bulk tea. Plus 5 exotic tea drinks. Page 11.

Tips for credit card users

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Behind the Synanon- Examiner libel settlement

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Godzilla strikes in Foster City

The Bay Area premiere of Edward Albee's Pulitzer Prize-winning play, "Seascape." Page 14.

Robert Altman's history lesson

Paul Newman in "Buffalo Bill and the Indians." Page 15.

Salad days are here again

Cool recipes from the Spontaneous Chef. The Back Page.

FIRESIDE

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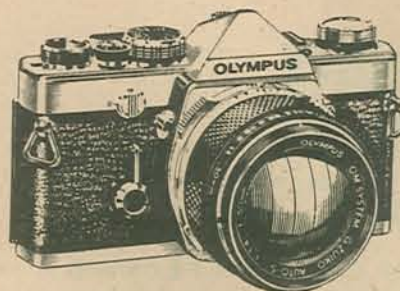
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LETTERS

"ALTERNATIVE FACTS"

You call the Bay Guardian an alternative newspaper. After reading the piece on Candlestick Park [Guardian 6/18/76], I assume that means you are an alternate to the facts.

Or maybe your Mr. Wolfe is just misinformed.

He talks about the typographic errors in a Chronicle story but then says the Giants attendance plummeted to \$684,000 at the Polo Grounds. I thought they counted people instead of dollars.

He also says the Giants moved to Candlestick Park in 1959 when they did not move until 1960.

Also that the attendance tripled at Candlestick the first year compared to what it was in the Polo Grounds the last year — 1957. Three times 684,000 comes out to about 2,052,000. The attendance at Candlestick in 1960 was 1,795,000. Of course, that's only a miss of more than 200,000 people.

Mr. Wolfe's comments about player deals are even more ridiculous. The Mets were drawing crowds of 30,000 long before Dave Kingman showed up and will do it after he leaves. Kingman left San Francisco because he could neither catch or hit a baseball. He still can't despite his home run total. Check his strikeouts.

Sam McDowell did not wash out of baseball a year after the Gaylord Perry deal. He pitched for the Pittsburgh Pirates in 1975.

An all-star team of ex-Giants? Not really. Mays, McCovey and Marichal never made an all-star team after they left the Giants. And Orlando Cepeda? He is in jail on drug charges while the player the Giants got for him, Ray Sadecki, is still pitching in the major leagues.

All I know about is the baseball side of Mr. Wolfe's story. I hope his financial facts are a little more accurate although I doubt it.

Dick O'Connor
Sports Staff
Palo Alto Times

Burton Wolfe replies: It's too bad we have to take up valuable space in the Bay Guardian with this nitpicking letter, a million journalistic miles removed from the major Candlestick Park issues, but that's typical of a daily newspaper sportswriter.

Of course \$684,000 is a typo, and of course O'Connor knows I don't say that, the typesetter does. And phooey on the proofreaders for not catching it.

Re 1960 move instead of 1959, I was relying on memory, a mistake no experienced journalist should make. I won't go look it up now; I'll take O'Connor's word for it.

Re attendance, O'Connor would have me write "it two-and-a-half times" instead of "it tripled." Of course I could have written "it more than doubled," or "it almost tripled." Or I could have used the figures. May God and

Dick O'Connor forgive me my sin.

When it comes to player deals, though, O'Connor is the ridiculous one, not me. I know of no sportswriter who agrees with him. All of the many newspapers and magazines publishing cover stories about Dave Kingman quote Mets' management in statements that he is making a tremendous difference in gate receipts. All sportswriters, ballplayers, coaches and the like agree that Kingman left San Francisco because Horace Stoneham sold him, not because he could not catch or hit a baseball. He had always been an outstanding athlete, adept at fielding many positions (also pitching), and he was close to a .300 hitter until the Giants wrecked him. Strikeouts or no, he is obviously an enormous success with the Mets.

I made a mistake about Sam McDowell. He washed out of baseball, for all practical purposes, the year before the Giants traded Gaylord Perry for him.

An all-star team of ex-Giants? Yes, really. Here it is: 1B-Willie Montanez; 2B-Tito Fuentes; 3B-Dave Kingman; SS-no candidate (Mike Phillips is playing well for the Mets, Frank Duffy for Cleveland, but neither is of all-star caliber); outfield-George Foster, Gary Maddox, Bobby Bonds; catcher-no candidate (Giants castoff Fran Healy has been up and down, is probably helping the Yankees more than any of the Giants' catcher is helping SF, but is not of all-star caliber); starting pitcher-Gaylord Perry; relief pitcher Butch Metzger.

Some of these players may

not have made the actual all-star team, frequently selected on the basis of whims, by time this sees print. But there's no knowledgable [sic] sportswriter who would fail to identify them as being all-star material.

Regarding the final paragraph, it's interesting to see how O'Connor defines "the baseball side" of the Candlestick story, which is "Mr. Wolfe's story" only because nobody else has written it in whole and only Lewis Lindsay besides me has written it in part. And if O'Connor doubts my "financial facts," which are actually a great deal more than that, why doesn't he go check them or better yet write the first honest story about Candlestick Park ever to appear in a daily paper?

O'Connor's letter is not a critique; it's a copout.

A NATCH FAN

I was visiting my sister in San Francisco recently and discovered for the first time the delightful Mr. Natural through your fine publication. I was addicted immediately and do not wish to miss an issue. Please start my subscription.

Your city is so wonderful and friendly! I also appreciated the guitar concert at Old First Church on Van Ness. I wish Atlanta had something like that with the little reception following. After the concert-reception while awaiting the trolley I encountered my first exhibitionist. Although my knees quivered turning to jello, I was also amused thinking that it was an absurd way to get one's jollies! Ha ha.

—Margaret E. Roney
Atlanta, Georgia

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(Wilbur F. Storey, Statement of the aims of the Chicago Times, 1861)

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THIS ISSUE VOL. 10, NO. 40, JULY 9
THROUGH JULY 16, 1976



\$50 million conspiracy action still pending

SYNANON WINS \$600,000 FROM THE EXAMINER

A few days before the Examiner announced a \$600,000 settlement of a \$32 million libel complaint brought against the paper by Synanon, the nonprofit foundation's legal director, Dan Garrett, dressed in his usual outfit of overalls and clodhopper boots, tramped into the third floor conference room at the Examiner building. Confronting publisher Randolph Hearst, his lawyers and Examiner editors, Garrett proclaimed in the stentorian voice he often uses:

"You must settle by noon tomorrow or this suit will never be settled. We will take it to trial instead. We don't give a goddamn one way or the other because we're enjoying ourselves so much. But if you make us a reasonable offer, we'll settle it. However, it must be by noon tomorrow. This is your last chance."

Hearst grabbed the chance. According to libel law expert Harry Green, the \$600,000 settlement is the largest sum ever paid to cut off a libel suit.

How will Synanon use the money? The question was asked and answered at a press conference July 2 in Synanon's new SF headquarters at 24th and Kansas Streets, a square block complex of buildings donated to the nonprofit foundation by National Lead Company's Dutch Boy paints division. But the answer, like most developments in Synanon's libel and \$50 million criminal conspiracy complaints against the Examiner, was not published or aired anywhere, though local newspaper and radio-television people attended the press conference. Howard Garfield, Synanon's assistant legal director, explained the money will be used for the nonprofit foundation's drug rehabilitation programs, its growing schools for children and its committee to improve journalism.

The latter, called SCRAP (Synanon Committee for a Responsible American Press), was organized to fight the libel suit arising from a front-page Examiner story in 1972 describing Synanon as the "racket of the century." Its scope increased as Synanon lawyers discovered through pretrial depositions the slipshod, careless methods used by Examiner reporters and editors in researching, writing and editing a front-page story. None of the major accusations in the Examiner's "racket of the century" story were true. None were verified. The newspaper's editors, under questioning by Garrett and Garfield, were unable to provide a rational explanation of how the story, and other bogus Examiner stories Garrett documented for the court record, ever won acceptance for publication.

One of the reasons Hearst wanted the libel action settled was to keep the growing mound of embarrassing revelations about Examiner operations from

growing public. So far only the Bay Guardian, and to a lesser extent the national journalism review *MORE* in a rewrite of Guardian material, has published any of the details behind the legal action. Had there been a trial, national magazines might have published something.

At the press conference, Synanon founder Charles "Chuck" Dederich, through his public relations manager Skip Ferderber (formerly a Los Angeles Times reporter), accused the press of blacking out the story of his organization's multi-million-dollar lawsuits against the Hearst Corporation, the SF Examiner, its law firm and some of its editors and reporters. A Chronicle reporter attended the press conference, but the accusation was not included in his five-paragraph story in the July 3 edition. The Examiner published only four one-sentence paragraphs on the front page of its July 2 edition, under the innocuous headline "Libel suit settled." And the only reason that much appeared was because Synanon demanded it as part of the settlement. (The wording of the Examiner statement was approved by Garrett and Dederich before publication.)

While it is naturally in the interests of Hearst management to black out details of a crucial suit against its mother newspaper, the Examiner, it would be in the interests of Chronicle management to publish those details if competition existed between the two papers. Because the Chronicle is a partner of the Examiner in a monopoly publishing arrangement, the Chronicle helps the Examiner bury the story about one of the biggest libel actions ever brought against a newspaper and maybe the only criminal conspiracy complaint against one in American history.

Synanon hopes to expand SCRAP into an ongoing committee that keeps pressure on the Chronicle and Examiner to report the news more completely, fairly and accurately. Meanwhile, donations to SCRAP from around 2,000 individuals have paid the entire \$80,000 cost of Synanon's lawsuits against the Examiner to date. Thus, the \$600,000 settlement will be a 100% net gain for Synanon programs. Not a cent of its program money has been used for the legal battles.

By contrast, Synanon lawyers estimate the lawsuits have cost Hearst management well over a million dollars, including fees for lawyers, investigators and paid informers. (described in previous Guardian stories). Hearst, incidentally, has removed its Garrett McEnerney II law firm from the criminal conspiracy suit, as it did from the libel suit not long before the settlement. Hearst has offered no reason for switching to another law

firm, but Garrett McEnerney II and the lawyer who runs his office, E. John (Ted) Kleines, are defendants in the criminal conspiracy suit. Dederich and Garrett have accused Kleines of hiring ex-convicts to burglarize Synanon offices. Kleines denies it.

Most of the damages asked by Synanon in the conspiracy complaint do not relate to the burglaries, but rather to dissemination of anti-Synanon material stemming from the Examiner's libelous "racket of the century" story. As the result of that story's appearing in print, Synanon charges, Better Business Bureaus around the country advised members that the nonprofit foundation was accused of fraudulent practices by a leading daily newspaper, and this resulted in big corporations cutting off donations. If Synanon's lawyers can prove that to a jury, substantial damages probably will be awarded.

It is also possible that Examiner people could be sent to jail if they are found guilty of participating in burglaries of Synanon offices. Two ex-convicts who allegedly consulted with Examiner staffers already have been convicted and sentenced for stealing 69 studio tapes from Synanon offices to obtain embarrassing information. The tapes, delivered to Examiner reporters and lawyers, failed to substantiate any of the charges against Synanon in the Examiner's "racket of the century" story.

Synanon now has a staff of seven lawyers, two investigators and six secretaries working almost full time on the conspiracy action against the Examiner and its Garrett McEnerney II law firm. Pretrial depositions have been taken by Synanon lawyers from publisher Randolph Hearst; Hearst Newspapers president William Randolph Hearst Jr.; Examiner editors and former editors Tom Eastham, Ed Dooley, Gale Cook, Richard Pearce and Josh Eppinger; former Examiner reporters Ed Montgomery and Bob Patterson; ex-convicts and others involved in the lawsuits.

Montgomery is a defendant in the criminal conspiracy complaint. Patterson, not a defendant, wrote the "racket of the century" story that touched off the legal war. He will be a key witness at the conspiracy trial, if it is not settled out of court.

Transcripts from pretrial depositions, and other documents, are now amassed in several dozen file cabinets at Synanon's SF headquarters. The material in them adds up to a fantastically detailed, embarrassing, potentially damaging scrutiny of the inner workings and mentality of a Hearst newspaper. The question now is whether Hearst management is willing to take the chance of this material being publicized as criminal conspiracy proceedings continue, and if not how much money it will take to induce Synanon to settle its \$50 million complaint out of court. Synanon's lawyers hint it would take a great deal more than the \$600,000 libel settlement because large damages can be demonstrated in the form of corporations cutting off donations.

—Burton H. Wolfe



PHOTO BY ROSE SKYTIA

More than 5,000 people participated in the July 4th Coalition's march through SF's Mission district to Dolores Park to commemorate 200 years of oppression.

PEOPLE'S POLITICS

San Franciscans for District Elections needs about 20,000 more signatures by Aug. 1 to get their initiative on the November ballot. If you want to help, call Don Ziegler at 668-0159 or Rene Cazenave at 431-9892. A filled petition gets you a free dinner and entry to a party at 366 Fell St., 6 pm, Sun/18 and Sun/25. An important meeting for supporters is slated for 7:30 pm, Tues/13, at 121 Leavenworth. The initiative is sorely needed to assure that working class and ethnic neighborhoods be represented on the SF Board of Supervisors. Currently, almost all of the supervisors live in the wealthy Pacific Heights-Richmond-St. Francis Wood districts.

The **East Bay Socialist School** holds its quarterly open house to begin its summer term, 1-5 pm, Sun/11 at the school, 6025 Shattuck, Oakland (652-1756). . . General meeting of SF's **NOW** chapter is slated for Tues/13 at 7:30 pm, Old First Presbyterian Church, Van Ness/Sacramento (398-6312). . . General meeting of the **Daughters of Bilitis** is scheduled for 7:30 pm, Mon/12, at the SF Women's Center, 63 Brady St. (near Market/12th Streets), 673-6542. . . The **Gary Tyler Defense Committee** is to sponsor a program Fri/9, 7:30 pm, at the Roosevelt Jr. High School, 1926-19th Ave., Oakl. Call 535-0823, 532-8645.

The court-ordered eviction date for SF's **International Hotel** tenants is July 15. Four days prior to that, Sun/11, the **Workers' Committee to Fight for the International Hotel** is sponsoring a rally and march to fight the eviction by the owners of the hotel, the Four Seas Corporation. The rally will take place at 1 pm in Portsmouth Square (Kearny/Clay), followed by a short march through Chinatown to the hotel at Kearny/Jackson. For more information call Bill Lee, 781-4989.

The **Peoples Law School** needs volunteers to help put together programs for its fall workshops (282-5069). . . **Source**, a radical collective that pub-

lishes resource guide for community organizers, needs several new full-time members. Room/board is provided. Write Box 21066, Washington, DC 20009. . . **Friendshipment**, a coalition of religious and antiwar groups, is preparing to send another shipment of food, medical supplies and tools for reconstruction to Vietnam. The group sent 25 tons of medicines and supplies to Vietnam on the third anniversary of the Christmas 1972 bombing of the **Bach Mai Hospital** and also \$150,000 worth of penicillin to treat more than 300,000 Vietnamese who had contracted venereal disease during the war. Send tax-deductible contributions to Friendshipment-Bach Mai Hospital Fund, 235 East 49th St., New York, NY 10017.

Some upcoming hearings: On the issue of whether **public transportation** should be provided to the **Golden Gate National Recreation Area** and to **Point Reyes National Seashore**, three hearings, all to start at 7:30 pm., are planned. In SF, Tues/13, at Fireman's Fund, 3333 California; Stinson Beach, Thurs/15 at Community Church, Belvedere Ave. Route 1; San Rafael, Tues/20 at San Rafael City Hall, 1400 Fifth Ave., (885-1193). . . A hearing on a reclamation permit for **Dow Chemical's petrochemical plant in the Delta** (in environmental nightmare reported on in the Guardian 9/27/75), is to take place Fri/16 at the State Board of Reclamation in Sacramento (916-445-3996).

Call 922-5300 to hear a recording of what's happening this week in the Bay Area for workshops, seminars, lectures, films and other events for "human growth and change." The line, called the **Common Ground Telephone Calendar**, is sponsored by the **New Dimensions Foundation**, which also puts on a weekly radio show, Saturdays 8 pm-midnight, KQED-FM, 88.5 FM. To have your group or organization's events or activities listed in this column, write: People's Politics, Bay Guardian, 2700-19th St., SF 94110.

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FIGHTING THE SATELLITE MONOPOLY

By Ralph Nader

When British science-fiction writer Arthur C. Clarke was telling his fans 30 years ago that satellites would someday connect all homes and neighborhoods around the world via telephone, radio and television communications, few believed it would come so soon.

Well, the technology is almost ready to fulfill Clarke's vision — if the giant corporate Luddites will permit it.

Like most technologies, satellite communications reflect the distribution of political and economic power in a society.

The dominate controllers of satellites have been government (mostly for military purposes) and the large telecommunications corporations for business purposes. The commercial telecommunications satellite system called Intelsat serves business and government interests in more than 89 countries.

US taxpayers paid and still pay for the development of satellite communications. Yet as consumers they have scarcely benefited. Long-distance telephone rates, for example, should have declined markedly. Instead, the return on the taxpayers' investment is going to AT&T, ITT and RCA Global Communications.

The new satellite technology has promised the kind of abundance that could have brought consumer prices down across the board. But companies that have investments in older technologies, such as undersea cables, have fought, stalled or stifled this wonder of science.

Michael Kinsley, author of the book, *Outer Space and Inner Sanctums*, described the 15-year period of collaboration between big business, Communications Satellite Corp. (COMSAT) and other federal agencies as tending

"to thwart rather than to nurture technological advance and to deny the benefits of satellite technology to the taxpayers whose investment in outer space made it possible."

Now comes a series of technological breakthroughs which will greatly reduce the cost of satellite communications use even further.

There is a new generation of high-power satellites capable of transmitting communications signals to small, relatively inexpensive ground receivers or antennae. Eighteen months ago, NASA launched the ATS-6, which in 1975 transmitted telephone, radio and television via \$10,000 terminals to remote regions of Appalachia, Alaska and the Rocky Mountain states.

The cost of the receiver still is coming down. The Canadian government plans to use this latest technology to construct a direct-to-home satellite system serving 500,000 homes by 1980.

In small offices at 55 West 44th St. in New York City, the staff of the Public Interest Satellite Association (PISA) works and dreams.

They work with a tiny budget to inform Americans of this realistic won-

MEMO OF THE WEEK

To: Mike Paulus

From: Gladys Penner, Career Placement Center

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derland of cheap communications if enough people organize to challenge successfully the growing corporate attempts to block widespread citizen use.

They dream of the day when consumer, environmental, minority and community-organization groups and many other civic interests can bypass the high prices of AT&T and network television to communicate with one another. They foresee low-cost use of telephone, Telex, facsimile, data and other communications techniques to connect local groups and develop new networks of information exchange here and abroad.

Shortly, the Federal Communica-

tions Commission will start considering the question of introducing small earth station technology. The same corporate intransigence will be encountered here as was the case with cable TV years ago and as is the case with continuing issues of public and citizen access to commercial satellite communications.

PISA wants to tell you how you can participate in the quest for communication systems which can become the filaments of a just society. Why should the many be able only to communicate to a few while the few can communicate to the many? Write to PISA for free materials.

FOLLOW THAT STRIKE

Guardian strike (6/18/76): The ITU/Guild strike at the Bay Guardian entered its fourth week July 6. The last meeting between the ITU/Guild and the Guardian was held under the auspices of the Federal Mediation and Conciliation Service on June 21, after which the mediation sessions were ad-

jourled until the mediator calls another meeting or either side requests one. No further meetings have yet been scheduled, although Clarence Washington, the federal mediator in the case, said he would probably contact both sides later this week.

— M.E.M.

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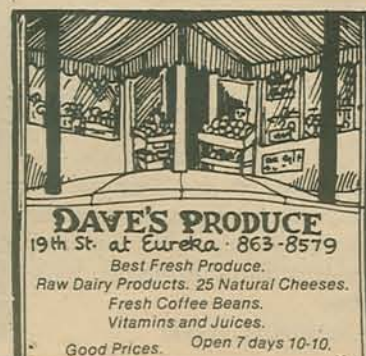
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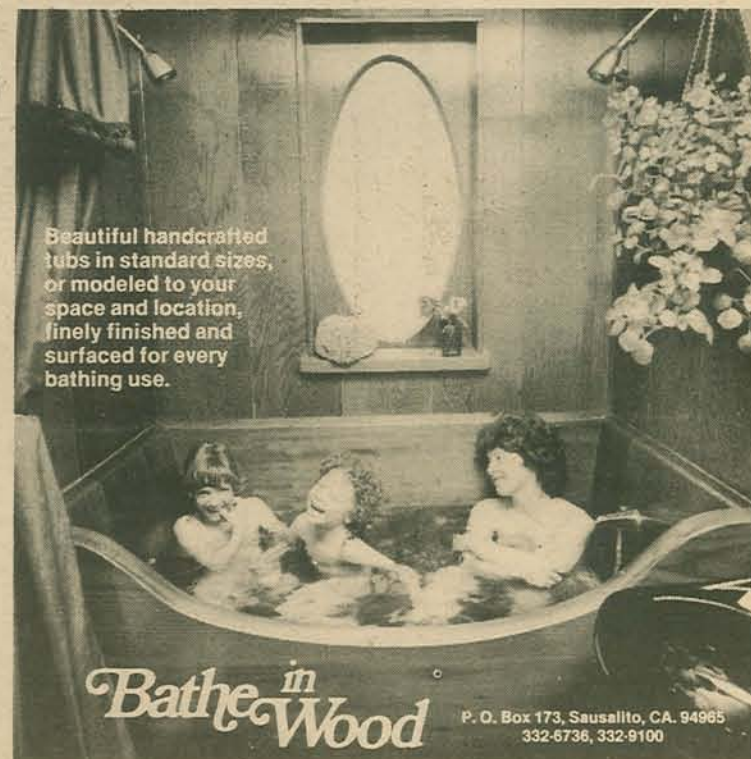
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UP YOUR CREDIT!

Getting the most from your credit card —
Part II

By Sally Tockey

Although stores advertise 30-day accounts, credit card customers rarely receive a month's span to pay their bill. The chart below shows how long some local retailers take to mail out statements. Those showing the smaller number of days offer consumers a longer period of credit-free days.

Although Joseph Magnin's and Mervyn's nearly attained Honor Roll standing, Kahn's chart showed Gump's falling far short, and a Gump's customer had almost a week less time to pay a bill than the Magnin's or Mervyn's customer.

My personal experience with some of these stores supports Kahn's information, but lately I've noted Roos-Atkins has barely escaped breaking the Fair Credit Billing Act with my account. This law, which became effective Oct. 28, 1975, requires stores to give credit account customers an absolute minimum of 14 days to pay their account. Last month my bill from Roos-Atkins arrived on June 7, a scant 15 days before my June 22 payment date. Note that although the bill shows a 5-28-76 billing date and the 6-22-76 payment date it advertises a 31-day billing cycle.

Kahn cited Roos-Atkins as an example of what happens when a company sells its account receivables to a credit collector. Last fall Roos-Atkins notified its charge customers that the store had assigned Citicorp Custom Credit, Inc. in Huntington Station, New York, to collect its payments. Kahn said the delay is caused because first class mail

generally takes four to five days from the West Coast (where Roos-Atkins customers are), to New York City, plus an additional day to Citicorp's office in Huntington Station.

All department stores receive a personal credit rating from Robert Kahn, editor of "Retailing Today," a newsletter sent to top store executives. Kahn told me he initiated his Credit Office Rating to alert store management about consumers who complained their statements were received so late they faced additional service charges before they could pay their bills.

Kahn's most recent information showed the following average working days to get bills out:

Retailer	Oct.- Nov. 1975	Dec. 1975- Jan. 1976
Bullock's (No. Cal.)	7.3	7.5
Capwell's (Oakland)	6.1	6.3
Emporium	5.5	5.6
Grodin's	6.0	5.0
Gump's	7.0	11.0
Hastings	4.8	6.0
Liberty House	4.5	5.7
Livingston Bros.	5.0	6.5
Macy's	6.3	7.0
I. Magnin	3.8	5.0
Joseph Magnin	3.5	4.5
Levy Bros. (San Mateo)	5.2	6.6
Mervyn's	4.0	4.5
Roos-Atkins (New York)	4.3	7.0
Saks Fifth Avenue	7.7	6.3

Initially, Kahn says he received criticism from retailers for publishing this data and naming the stores. Now, he said retailers want to attain Honor Roll standing, an objective of four working days between a customer's monthly closing date and the postmark date on the bill. Volunteers inform Kahn about

their own billing information for his Credit Office Rating.

More tips for credit card users:

1. Most stores set limits on regular 30-day accounts but offer long term credit with a 90-day account for large purchases such as furniture or appliances. For example, with Capwell's CAP account, I can pay a large bill in three equal monthly payments. I can ignore the finance charge they add into the billing on the second or third month, or I can pay the finance charge and have them credit my account later.

2. During the Christmas season, some large San Francisco-based department stores offer extended free credit if you use their "currency." For example, J.M. Dollars at Joseph Magnin's and Macy's "money" are mailed to regular charge customers in November for holiday purchases but no billing is made to a charge account until the following February.

3. If you have the cash and the retailer does a small local business, offer to pay cash rather than use BankAmericard or Master Charge in return for a discount. Retailers may pay a 2% to 6% service charge to banks based on the number of bank drafts compiled in a month, which they might subtract from your purchase. Most large retailers I checked, however, did not offer this discount even if they accepted both their own store credit and bank cards.

Some retailers give a discount if you pay cash rather than use your BankAmericard or Master Charge.

4. If you've paid for but returned merchandise, make sure you have that noted on your statement. Virginia Connelly, a consumer protection specialist, with the Federal Trade Commission said the FTC took action several years ago against a number of local stores for retaining credit balances after a customer had paid for but returned merchandise. Under the Fair Credit Billing Act stores must send out billing statements notifying customers of their credit balances, a practice previously not followed carefully.

5. In case of errors or questions about your statement inform the retailer on a separate sheet of paper, not on the bill. Do this within 60 days after your statement's postmark date. Retailers are required under the Federal Truth-in-Lending Act to promptly correct billing mistakes within 30 days, or correct them within 90 days. Further, you need not pay any part of the questioned balance until it is corrected or explained.

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THE NEW QUEST FOR ETERNAL LIFE

Some serious California scientists believe they may be able to prolong the human life span to 1,000 years. Others think immortality is a possibility.

By Burton H. Wolfe

The last enemy that shall be destroyed is death.

I Corinthians 15:26

Californians have long been in the forefront of exotic movements. Hence, it should not surprise anyone to find them paving the way toward deathless existence.

The movement to prolong life and abolish death, if that is possible, exists on two fronts: laboratory and lobby. The laboratory is found at such institutions as the University of Southern California Gerontology Center in Los Angeles, where unheralded biochemists such as Caleb E. Finch search for a mechanism in the brain that causes aging and death; or at scientific companies such as Microwave Instruments in Corona Del Mar where researchers test substances that arrest the aging process. The lobby consists of scientists and organizations, such as the Bakersfield-headquartered Committee to End Old Age and Death, that beseech Congress and the state legislature to appropriate more funds in support of what they deem the most crucial venture in the history of humanity.

If this were a previous century, an account of the immortality seeker's methods would center on prayer, magic, observance of rules for the good life, alchemy and other pseudo-sciences, or legendary miracle cures and restoratives. But the eternity-seekers of 1976 shun such questionable, superstitious, risky means of attaining the ultimate prize. They want to arrest aging and death by carefully controlled scientific methods that leave nothing to chance.

Except for that common premise, the scientists trying to prolong life are divided on theories, methods and even goals. One of the most frequently quoted researchers in this exciting field, biochemist Bernard Strehler of USC, summed up his view of the goal three years ago with a prediction that a revolution in biology will increase the human life span 30 years by 2000 A.D. and may eventually produce "an indefinite extension of healthy life—in a word, immortality." But other biochemists such as Finch say "death is inevitable" and the highest goal obtainable is a vastly prolonged life, perhaps lasting as long as 1,000 years.

Strehler and Finch do share basic methods in common. They pursue their task theoretically. That is, they start with a concept of what causes aging and death, then test the concept in laboratory experiments in hopes of finding the inner-body mechanism involved and eventually reversing its action.

On the other hand, chemist Richard Hochschild, president of Microwave

Instruments Co., believes researchers like Strehler and Finch spend too much time chasing phantoms and may never crack nature's deepest secret. He and his colleagues therefore discard theory and concentrate on substances that already show promise of disrupting the aging process.

Hochschild's company began experimenting with anti-aging drugs on mice and fruit flies seven years ago. Over a period of two years, around 15,000 fruit flies were given a variety of drugs known as stabilizers because they inhibit damage to cell membranes. Most of the flies lived significantly longer than their maximum longevity of three months. In similar experiments, Microwave Instrument Co. researchers kept a group of mice alive for an average of four years, which would be akin to keeping a group of humans alive for an average of 140 years if these drugs acted the same way on people.

Three years ago Microwave got permission from the Food and Drug Administration to find out about that. The FDA approved use of what seems to be the most effective of the stabilizers, Dylamate, on human subjects. Microwave has been experimenting with the drug on volunteers over 75 years of age to determine if it will prolong their lives significantly above those of comparable oldsters not receiving Dylamate.

But Finch thinks it is far likelier the big leap forward will come from a theory that tests out in the laboratory. So, he concerns himself with the second of two basic theories that explain the cause of aging. The first: Each cell within the body contains its own chronological time bomb that eventually wears it down, immobilizes it, or destroys it. The second: A pacemaker in a region of the brain, regulating all cells of the body, controls or control the aging process.

While no one has yet proven which of the two is correct, there is a recent trend for biochemists, biophysicists, geneticists, gerontologists and others engaged in the research of aging to discount the first theory. Many of them feel it is too mechanistic, it contradicts knowledge of how the brain controls the body. If it proves to be true, then the body can be likened to a machine such as an automobile with parts that wear out individually as time goes on, until they eventually fail. Since the body consists of trillions of cells, scientists might then be faced with a repair or reconstruction task fit not for human beings but only a superman or God. Some scientists are so antagonistic toward this viewpoint that they would quit their research if they thought it might be true.

Caleb Finch, the biochemist who seems to have worked out the most

profound, intricate theory of the aging process, told me during an interview: "If aging is regulated by a site within the brain which influences all cells in the body, it might be possible to manage the aging process. If each cell is ticking along with its own internal time bomb, on the other hand, there is no chance. But I don't think that's what it is. I think aging is controlled by part of the brain, and we might be able to regulate that."

Experiments and insights that led to Finch's pacemaker theory add up to fascinating studies of life processes unknown to most human beings even though they have been explained accurately and are comprehensible to anyone who has made it through at least a high school biology class.

To begin with, the common assumption that by nature all complex living organisms have fixed life spans is untrue. Leaving out simple life forms that continuously reproduce themselves, it is true that all individual members of species grow older with time (a mere statement of the obvious) and all complex organisms mature if not killed first by accident or disease. But not all age in the sense of wearing out or running down, and some even appear to have the capacity to last indefinitely.

Examples of plants and animals with indefinite life spans that Caleb Finch cites in his writings are giant redwood trees, bristlecone pines, the giant Mexican cypress and possibly two or three varieties of the tortoise. Finch points out that redwoods, bristlecone pines and Mexican cypresses seem to live on and on unless they are killed by human beings, machines, fire, soil upheaval, overwhelming rival growth or some drastic change in their habitat that cuts off their nourishment. (The Guinness Book of World Records lists a bristle cone pine on Wheeler Peak in eastern Nevada as the oldest living thing; its age is almost 5,000 years.) Some tortoises, too, live for several hundred years, until they are snuffed out by fire, flood, loss of food, a blow or some other accident. Age in itself seems to be of no consequence.

There are other species of life that endure on an individual basis for only a few years, never dying from age

but only from an inherited, spontaneously generated pathological condition that can be and has been reversed by scientists. Some of the simplest examples that Finch uses for explanation are the many species of butterflies and moths with longevity clearly limited by the size of food supplies they can store early in life; for as they mature they quickly lose the equipment necessary to gather more food, and so as their original supply runs out, they die.

Moving higher on the evolutionary scale where the brain is involved, there is an illuminating example of this same form of death in the Pacific salmon. Endocrinologist O. H. Robertson of Stanford University has established that the adrenal cortex of the salmon becomes hyperactive during sexual maturation. When the fish spawns, hydrocortisone is shot through its body at a tremendous rate. This quickly creates a toxic condition similar to Cushing's Disease in humans, and the salmon dies within two weeks after spawning. Since this death-dealing maturation change is common to all five species of Pacific salmon, for practical purposes without exception, the justifiable conclusion is that the fish is doomed by nature to die shortly after spawning. Yet this inherited death reflex can be altered and life prolonged 100% by simply castrating the salmon, because that interrupts the sexual maturation process which causes hydrocortisone to flood the body cells.

Between the drastically differing forms of life represented by redwood trees and salmon, those that appear capable of lasting indefinitely and those that die swiftly of one specific bodily change, come animals and plants that age and die from complex causes, but nevertheless have average life spans common to their species. Confining examples in the animal kingdom to a few placental mammals, mice live around two years, dogs 12 and humans 70. Conceding the view of many paleontologists that the basic life spans of placental mammals are inherited from a common ancestor that lived 70 million years ago, why does each mammalian species have an average life span unique to itself? It is inherited, certainly. But what is the regulatory process that so sharply distinguishes

continued

LITHOGRAPHS BY ODILON REDON

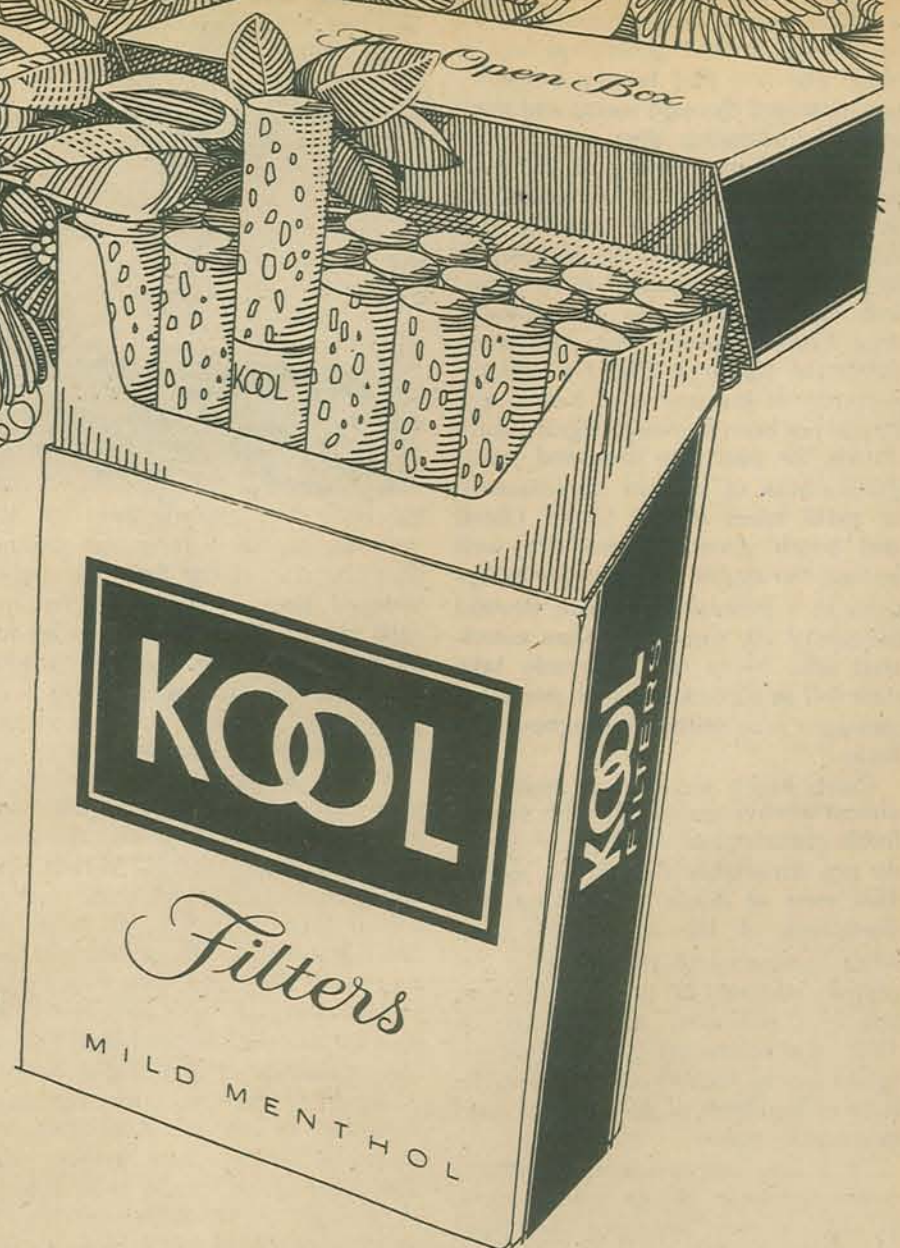


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and controls the number of life years characteristic of the species?

There was a time, not many years ago, when scientists were stuck with the question, unable to assume anything more than what we all once took for granted: These life spans are common to species according to their positions on the tree of life, as arranged by God or nature on the scale of chronological evolution. But the discovery of DNA (deoxyribonucleic acid) changed that way of looking at life forever.

DNA is the master library of genetic information that determines the individual characteristics of life. It is proper to think of DNA in terms of a computer tape ticking out a code that feeds growth signals into the proteins that constitute the essential components of all living organisms. Knowledge of this elementary process necessarily changes our view of life.

If redwood trees have the capacity to last for an indefinite time, they must be viewed as a species programmed by DNA for prolonged life. If Pacific salmon die within two weeks of spawning, they must be viewed as creatures programmed by DNA to cease existing once they have reproduced. If dogs live an average of 12 years, they must be viewed as a class of animal programmed by DNA to die within that general period of time. The fact that human longevity has increased through social and medical advancements does not exempt humanity from a common life span programmed by DNA. Advancements in nutrition, medicine and the like have merely brought the species up to capacity, not enabled it to supersede its age limits. As gerontologist Alex Comfort points out, the more significant figure is that the life expectancy of humans who live to age 70 has not been increased significantly during the past two thousand years. (Inhabitants of certain mountainous or rural areas of the Soviet Union and South America who live well beyond the age of 100 are rare exceptions to a general principle.) Beyond the age of 70, chronic diseases associated with being old uniformly take their toll in accordance with precoded messages transmitted throughout the body.

Caleb Finch insists that death "is almost always associated with identifiable pathological conditions" which do not invariably depend on aging. This view of death as an unnatural disruption of life is revolutionary when compared to the generally accepted attitude of medical science, but it is not new. As long ago as 1930, the renowned German pathologist Ludwig Aschoff concluded on the basis of hundreds of autopsies of aged men and women:

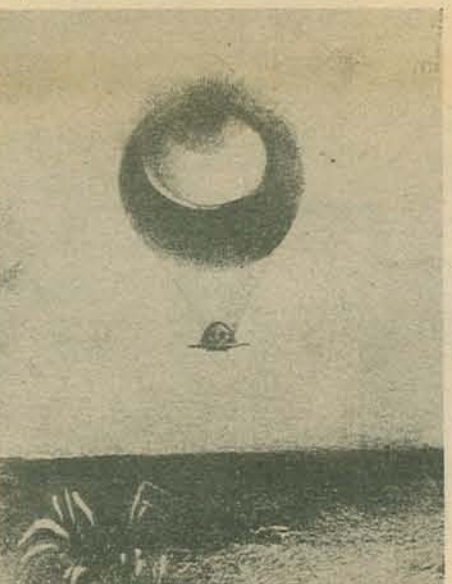
"It is my conviction that natural death in human beings never occurs, or only in rare instances. Autopsies which have been made on the very old always show a pathological cause."

If Aschoff's view of death as something entirely (or almost entirely) unnatural seems farfetched, it is not necessarily because he was wrong, but rather because we have been conditioned to think of dying as a natural

It is not years that measure age but the wrinkling of skin, loss of brain cells, depletion of mineral in the bones. Viewed in this way, aging can be controlled; conceivably it can be reversed.

end to life. We watch our relatives and friends, and ourselves through the telltale mirror, gradually growing older, slowing down, wearing out. After the age of 25, physicians tell us, the entire body begins its decay: skin, muscles, internal organs, the brain itself. We have been told many, many times by philosophers and scientists that it is inevitable, that we begin to die the moment we are born. But this aging process may not be dying after all. A San Francisco waiter named Larry Lewis, though he looked old at the age of 106, nevertheless worked a full shift at the St. Francis Hotel and ran six miles a day through Golden Gate Park for exercise, until he died of pneumonia two years ago. Doctors, upon examining him, found nothing remarkable about his body; he appeared to be normal in every way. Yet, despite his extraordinary age, he never appeared to be dying, unless living and dying are viewed as one and the same. He died as the culmination of sudden change in his life: the loss of his wife, onset of depression, abandonment of his routine exercise and work, strange post-midnight wanderings that made him the subject of macabre daily newspaper stories, and finally the contraction of pneumonia coupled with a seeming loss of the will to live.

Is it age, then, that cripples human beings, runs them down, wears them out and finally kills them? One reason we think so is that we have been led to believe all cells die without replacement. This occurs in parts of



the body, but actually most dividing cells are replaced. It is true, though, that the size of the brain is slightly reduced, the skin loses elasticity, hair falls out or turns gray, muscles lose strength, reflexes are slowed, reproductive capacity diminishes, vision is impaired and the functioning of various internal organs is retarded.

If this deterioration proved to be universal throughout the human body, pervading all of its functions, the theory that some mechanism within each cell causes aging which leads to death would then appear to be true. But deterioration of cells, organs and their functions does not, in fact, prove to be universal. As Caleb Finch has pointed out in his published papers, the production of certain hormones is a function that remains the same regardless of age, and sometimes even increases as the body grows older. The liver is an organ that behaves as though it is indifferent to the aging process; its cells keep on proliferating, as though the organ would carry on forever if its functions were not retarded in some mysterious way or it was not attacked by a disease such as cirrhosis.

Finch first became aware of this simple but vital fact about the liver

at Rockefeller University in 1965, when he was writing his Ph.D. thesis on the aging of mice. "I was working at the time in the lab of Dr. Alfred Mirsky, who is concerned with genetic regulation," Finch explained during one of my talks with him. "I had noted that liver cells within mice change with age, and I wanted to learn whether or not these changes came from within the liver itself or from an extrinsic source." From his many laboratory experiments Finch concluded that the signals for cellular change probably occur outside the liver.

Working with mice, Finch and his associates at the USC Gerontology Center have observed that enzyme levels in the livers of the aged ones adjust much more slowly in response to cold than enzyme levels in the livers of the young ones. But, when the older mice are injected with hormones that regulate the enzyme levels, their livers respond to these hormones as rapidly as those of younger mice. Although heat regulation is not now known to be controlled by any specific enzyme, there is a chance that there will be such a discovery by scientists. If so, and scientists learn to control it in the human body, it might mean that aged grandpa would have no more difficulty with body heat regulation in winter than he did at age 20, and his 20-year-old grandchildren would not find themselves suffocating in his overheated house during visits.

When the possibility of controlling functions of the liver is demonstrated through experiments on mice, and that possibility is combined with the knowledge of how liver cells keep on proliferating regardless of age, Finch is led to conclude: "Most cells in aging organisms, despite changes in function that may occur, appear to remain potentially viable for an indefinite period in excess of the natural life span of the organism itself."

This conclusion by Finch is supported by experiments in which skin was transplanted from old to young mice through several generations until the age of the skin reached 10 years, around five times the average two-year life span of mice, or 2½ times their maximum longevity of four years. When the transplanting was finally stopped, the skin and the hair on it appeared as normal and healthy as ever. This was still not absolute proof that aging is regulated outside cells, only that cells have the capacity to live much longer than the organism which bears them.

To Caleb Finch this means "aging in mammals is best measured in terms of physiological time rather than chronological time." In other words, it is not years that measure age but the wrinkling of skin, loss of brain cells, depletion of minerals in the bones and the like. Viewed in this way as physiological time, aging can be controlled; conceivably, it can even be reversed.

Scientists working on such possibilities are especially intrigued by the fact that trees and animals with the seeming capacity to live indefinitely have cells remarkably similar to species with life spans of sharply defined and even short boundaries. Pacific salmon have cells similar to those of Rainbow trout, but the trout do not undergo the same sexual change that causes the salmon to die after first spawning, and so they live much longer. Dogs have cells similar to those of humans, but have much shorter life spans.

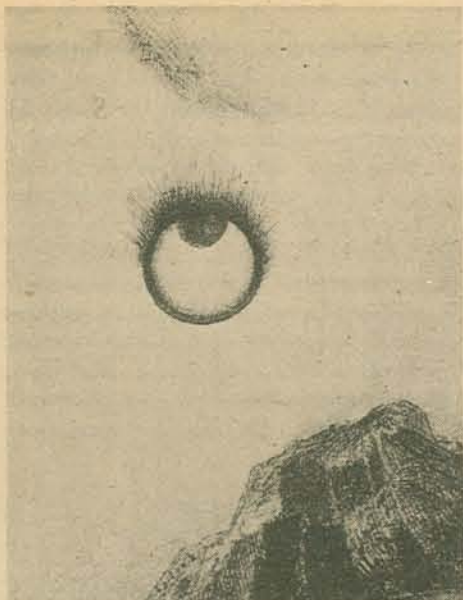
If not the organism's cellular structure, what makes the difference? Finch and his colleagues reply: DNA is trig-

gered to produce various pathological conditions at prearranged periods, common within a given range to members of the same species. True, members of most species do not die of the same specific pathological condition as do Pacific salmon. But observations of different strains of mice tell scientists such as Finch that uniform patterns of aging occur. As Finch puts it: "Whether they get cancer or kidney disease, basically one signal goes out; they just respond differently to it that's all."

To discover that centralized origin requires thousands of widely differing experiments by scores of scientists and hundreds of assistants. Housing these workers in one place such as the Gerontology Center at USC comprises a start at the scientific cooperation and coordination necessary to unravel the mystery of aging and death. Their grouping is also symbolic of a collective consciousness that seems to be impelling humanity toward a search for vastly prolonged life of perpetual youthfulness and, in a manner of speaking, perhaps even eternal life.

There are many indications in modern society that this is so: The emphasis on youthfulness which now entails face lifts, hair transplants, exercise, dieting and styles of dress that enhance a young appearance. The increasing transplants of organs such as the heart and kidney to add years onto a life otherwise at its end. The development of artificial hearts and pacemakers to regulate heartbeat, which suggests a brain pacemaker to regulate aging. The extensive power modern physicians have sought and now use to postpone clinical death. The engineering of genes. The vast sales of alleged anti-aging drugs in Europe, not allowed yet in the USA because of unproven effects and possible hazards. The introduction of cryonics, loosely translated as the science of freezing the body (this is not prolonging life; it is suspending life or keeping the dead in a preserved state in hopes of revival or cure at a future time). The appearance in literature of works such as Alan Harrington's *The Immortalist* urging a mass attack on aging and death to reverse what has been viewed by practically all humanity as the inevitable biological evolutionary cycle. The founding of organizations such as the Committee to End Old Age and Death, and the Foundation for Research on Immortality, to collect and disseminate information about the efforts to arrest aging and death, and promote and raise funds for the work that is being carried on at the Gerontology Center and elsewhere.

These two pioneering organizations, for reasons suggested at the beginning of this article, are based in California. The committee to End Old Age and Death consists of a group of physicians and scientists, some of them engaged in their own research on aging; its chairman is a psychiatrist, Dr. Donald O. Prasser of Bakersfield. The Foundation for Research on Immortality is headed by Chadd Allen Everone of Sacramento, a former corporate executive and publisher; it is affiliated with the Institute for Technology & Society at the California State University in Sacramento. These organizations engage in widescale promotion and publishing, while the narrower but more prominent Association for the Advancement of Aging Research, headed by biochemist Bernard Strehler of USC, pushes bills through Congress to establish gerontology as "a major scientific objective."



Bumper stickers on automobiles urging people to join the Committee to End Old Age & Death—a rather startling sight even on California roads.

Dr. Prasser and his committee have pelted Congress and the press with letters urging a crash program that will divert millions of dollars from armaments to an effort to preserve the lives of 20th-Century human beings. Bumper stickers on their automobiles urge people to join the Committee to End Old Age & Death, a rather startling sight even on California roads. When someone asks them how they can seriously propose to end death, they point to statements like that of Augustus B. Kinzel, former president of the Salk Institute of Biological Studies, who predicted in the June 9, 1967, issue of *Science* magazine: "We will lick the problem of aging completely, so that accidents will be essentially the only cause of death."

Since reputable scientists such as Kinzel and Bernard Strehler believe a sort of personal immortality, barring accidents, is a possibility, and they intend to pursue it all the way, some

ethical questions are raised. Among the most important is whether or not scientists have the right to interfere with nature to the extent of keeping people now on earth alive indefinitely. Would this not halt the process of evolution? Would it not cause strict prohibitions of new births? And how would humanity determine when new births would be permitted and to which women?

Nobody has definitive answers to questions like those. Nobody knows, in the first place, whether the human race has any more evolving left to complete, though existing evidence points to a negative answer. Our bodies seem to be growing bigger, but not our brains; and a human being with a brain that does not increase in size or capacity has no observable need to grow a larger body. To keep on growing bigger is to consume more space and require more food for energy than is necessary for the goals established by the brain. The process is especially wasteful in view of the evidence that no evolution in conscious thought results from it.

Only in the development of conscious collective thought do we now find identifiable evolution. Individual brain development has been inconsequential. The past two thousand years

have failed to produce an individual brain with greater capacity for sociopolitical construction than that of Aristotle or Plato. The past 500 years have failed to produce a greater composer than Bach, a greater writer than Shakespeare, a greater artist than Michelangelo. It is beyond question that the brain of a Copernicus or a Galileo contained all the equipment necessary to arrive at the discoveries of a modern Einstein.

It seems that the super species DNA has created, or from which that species has evolved, has reached a peak of maximum brain and body capacity, capable of conceiving any thought or inventing any system, and performing any task necessary to carry out the thought or perfect the system. The species' further mass reproduction of itself may be unnecessary and inefficient, a waste of lives and energies.

Now that the super species has arrived, prolonged individual life may be DNA's solution to the problem of carrying on the work to be done in the universe. Let your mind dwell on cosmic thoughts. Consider the assumption by scientists until this last decade that all life on earth will come to an end some day through some cataclysmic event: loss of energy from the Sun, melting of the polar ice caps, collision with a giant meteor

or the like. But suppose we are the only intelligent life in the universe and our coming to an end is not in God's or nature's plan? Suppose we are programmed to reach out to the stars in an effort to insure perpetuation of the species, and in fact reaching and populating another habitable planet is the only way to gain that insurance?

Such a proposition is no longer in the exclusive realm of crackpots and science fiction writers. Scientists have developed new theories of how a space craft could be propelled in outer space from galaxy to galaxy by using the force of stellar gravity. To man such a craft, biochemists now propose a human being with a vastly prolonged life span, able to survive a centuries-long flight without freezing or hibernation. That combination lends reality to the dream of colonizing another planet in outer space. If it should become possible, it could mean eternal life for the human race collectively, even though personal immortality never comes to pass. It could mean a dramatic revolt against the once universally accepted prophesies of ultimate doomsday for the human race.

Hence, the idea that prolonging life or arresting death might interrupt evolution could turn out to be irrational

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"If we can prolong life, we might be able to lessen the urgency people feel about getting things done so we might be able to soften tyranny, even on a global scale."

and unjustified. For all we know, the quest for extended or eternal life may be precisely within the master evolutionary plan programmed by DNA.

In addition to carrying the colonization of other planets one step closer to feasibility, the most powerful adjunct to aging research is the prospect of reducing humanity's capacity for destroying itself. In recent years many social scientists, psychiatrists and psychologists have focused attention on how human beings' awareness of their own restricted life spans and imminent death results in tense, hyperactive, frantic, careless and sometimes even suicidal modes of existence. There is a strong likelihood that many of the most destructive human activities, on a social and global scale alike, are caused by the attitude: "I'm going to get mine before it's too late." If scientists could lengthen the life span by several hundred years, or better yet several thousand years, in effect rendering individual life considerably more valuable than it is now, would this not reduce tensions and the capacity for destruction of self and others?

On the social scale, perhaps the greater the loss from individual life became, the more critically we would become concerned with determining and eroding the causes of accidents, disease, poverty, violence, crime and despoliation of the environment. Perhaps as each life became more valuable and every individual considered the earth as a more permanent abode where he or she will spend hundreds of

years in prolonged youthful vigor, all human beings would become intensely occupied with preserving lives and the environment. Perhaps then the cities and the wilderness alike would no longer be viewed as transient dumping grounds.

Perhaps, too, we would then be much less placid about the deaths of 50,000 a year and the maimings of millions more in US automobile accidents; or 15,000 murders in a year; or the tendency of frustrated and poverty-stricken individuals to explode in acts of crime and violence; or accidents and diseases that take away our children from us. When the loss of a life prematurely is measured in terms of 700 or 7,000 years instead of 70, it becomes less possible to shrug it all off and say: "Oh, well, everybody dies."

On an individual basis, a vastly prolonged life span opens a possibility for greater achievements by humanity's most intelligent, creative scholars, scientists, inventors, artists and the like. This has become important. Rapidly spiraling discoveries and innovations in many fields have made it enormously burdensome for inventors, analysts, synthesists, coordinators and creators to keep up with and absorb all that is necessary and desirable for the maximum production within their vision, range or capacity.

As Caleb Finch points out, "Some individuals with all-consuming tasks cut out for themselves now need longer time to work out certain problems. The longer the time they have, the more penetrating their analyses will be." Among the individuals struggling with

the kind of tasks Finch means are those whose brainpower is so vast that there is a tremendous loss to the human race when they die with their work incomplete. Einstein, with a doubled or tripled life span, might have solved, within his own mind, riddles about space-time that will require the efforts of scores of other brains to master.

Not that Finch and his colleagues are confining their considerations to society's elite. They envision practical benefits from aging research to everyone: the conquering of disease and the spread of youthful vigor throughout all the years of most human beings' time on earth.

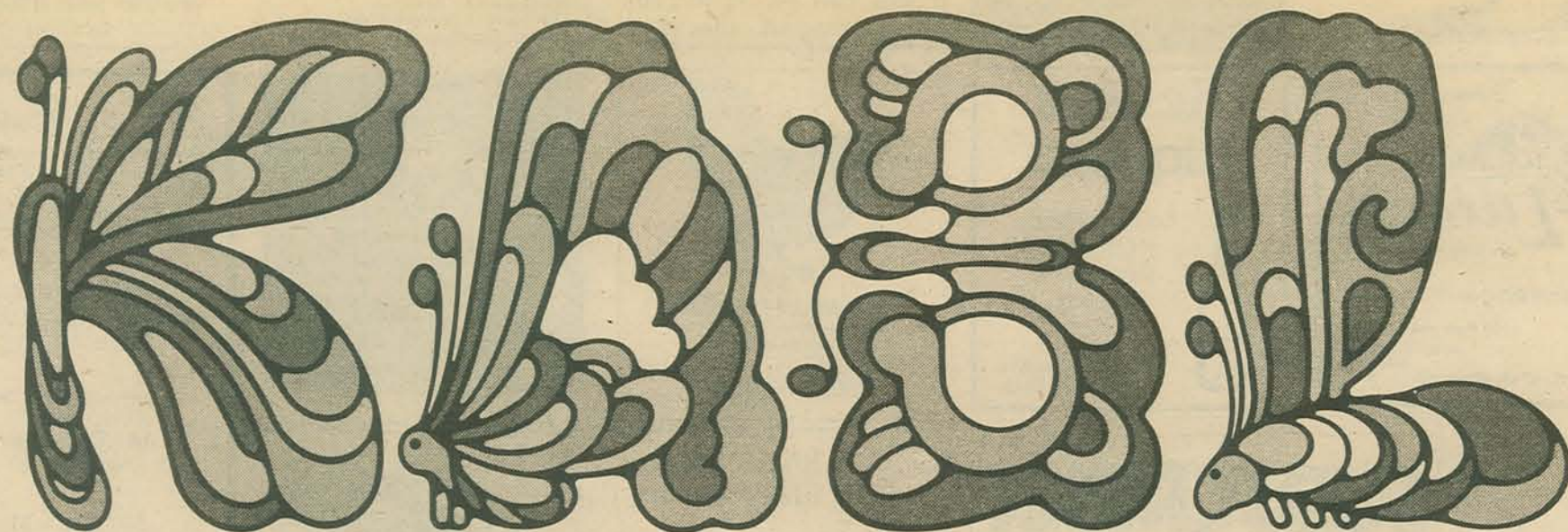
For the individual who has grown "too soon old and too late smart," their goal offers the first flicker of optimism that something can be done about the predicament. Instead of discovering at the age of 40 or 50 that he or she has chosen the wrong trade or profession and then sinking into a state of despair because it is too late for change, the individual with the prospect of living beyond a century, free from disease and with the youthful vigor needed to perform any work task, could then find it psychologically and physically possible to map a new career. Fantastic as it may seem, such an individual might even switch from architectural draftsman to professional athlete or vice versa.

And if millions of lives are prolonged, no more space or food is found on earth and planets cannot be colonized, and future births have to be drastically eliminated? Well, so what? Should we avoid prolonged life for our-

selves to make way for new humans on earth? Why? Are we to view ourselves as salmon, placed on earth to reproduce and then die? Is it necessary, is it human, for us to acquiesce in a process by which 50 million human beings die each year, to be replaced by 50 million or a hundred million new ones? Would it be so evil, once prolonged life became possible, to impose such strict birth and death control methods on the human race that only 50,000 individuals died in a year and only 50,000 new births were permitted?

Whatever your answer, the exciting prospect of vastly prolonged life will do nicely for millions of previously faithless human beings, behaving badly for the most basic, simple reason that they have nothing ahead but obliteration. These millions of previously faithless human beings, once they get word the new prophecy, may be inspired to unimagined desires and efforts for peaceful, loving cooperation with all other human beings on the grounds that the stakes are higher for everybody. They may become zealous crusaders for the first time in their lives, forming international organizations that urge all nations to pool their resources for anti-death, pro-eternity research programs of even greater scope and intensity than those which released atomic energy and propelled men to the moon. They may even acquire a religion of a sort, carried to them by youthful-looking prophets wearing trimmed beards, flare pants, body shirts and two-toned zipper boots imported from Rome, or by miniskirted prophetesses with face lifts and silicone breast implants and retuned voices that proclaim:

"Take heed, all ye of little faith. The Messiah is come. He wears a sterilized apron and experiments on fruit flies, mice and human volunteers in a laboratory subsidized by private foundations and the US government."



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The San Francisco tea party

From Assam to Red Zinger: where to find hundreds of different teas

By Louise Cox

Ever consider waking up to a cup of steeping assam tea instead of the usual mug of coffee? Or spiking English breakfast tea with brandy to serve after an enjoyable dinner?

Teas have been enjoyed all over the world long before the recent coffee drinking explosion drove loyal tea drinkers into the minority. But now, the popularity of teas is increasing at least in part because of skyrocketing coffee prices (we figure an average cost increase of 50¢ per pound since our last survey of coffees—see "Coffee for connoisseurs," 1/30/76). But also more and more people are learning to enjoy the increasingly available herbal teas.

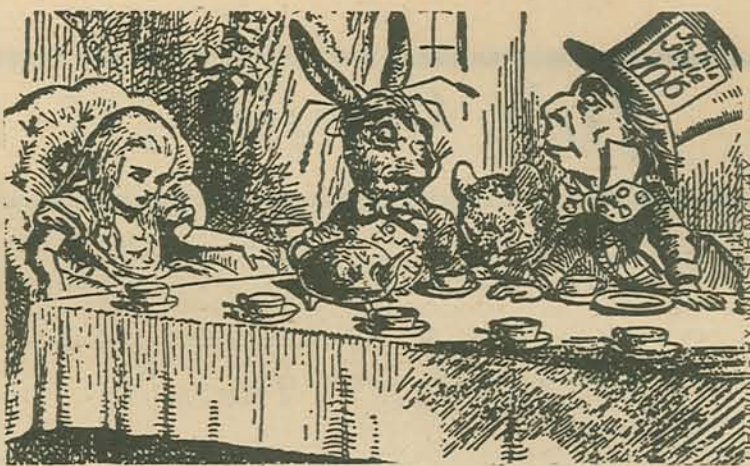
"We are definitely selling more tea than ever before," says Marie Anderson, owner of the Cheese Coffee Center in Berkeley. "People are becoming more aware of the health benefits of many of the herb teas; the tea industry is advertising more and is bringing new blends to the market; and, of course, tea is a bargain now."

As a bargain, Doug Carruth of Hardecastle's points out that a pound of tea will make about 200 cups while 40 cups is about all you can get from a pound of coffee. Also, there is no appreciable taste deterioration over time—tea stored tightly and kept out of bright light will keep its taste and fragrance almost indefinitely, and the paraphernalia is simple and inexpensive—a strainer or tea egg costs less than \$1.

Black (the most common) and green teas come from the same plant—camellia sinensis—which grows primarily in India, Ceylon, the Himalayas and China. Distinctive characteristics are determined by differences in soil, climate, altitude, size of the leaf, the time of harvest and the aging process. Also, variations are made by blending additional herbs, spices or flavorings. (The common orange pekoe variety, used by such companies as Lipton's, is a black tea blend.)

The stronger and darker black teas are made from leaves pressed between rollers shortly after harvesting, which releases the natural juices. They are left to ferment, turning black when dried out. These juices make a natural caffeine in the prepared tea—about half of the amount of caffeine as is found in a cup of coffee, according to Hal Hurst of Aladdin's in Oakland. In making green teas, the leaves are steamed, killing the fermenting enzymes leaving a paler color and a milder flavor when dried out. A combination of these two methods is oolong tea, which is semi-fermented.

Herb teas can be made from just about anything fresh or dried—fruit, vegetables, roots, petals, etc. The San Francisco Herbs and Natural Food Company, 367 Ninth St., 861-7174, publishes a small poster costing 25¢, which lists various health benefits that are attributed to different herbs.



Below we have listed stores which carry a large variety of loose bulk teas as well as carrying some of the better brand names of packaged teas—Twining, Jackson, Celestial Seasonings, etc.

Buying bulk teas

San Francisco

American Pie, 3101 Sacramento, 929-8025, 24 varieties.
Capricorn Coffees & Teas, 353 10th St., 621-8500, 20 varieties.
Cameo Coffee, 531 Castro, 626-0507, Tues., Fri., Sat. 10:30 am-8:30 pm; Mon., Wed., Thurs. 10:30 am-6:30 pm; Sun. 10:30 am-5 pm. 95 varieties.
Caravansary, 2263 Chestnut, 921-3466, and at 310 Sutter, 362-4640, Mon.-Sat. 10 am-6 pm. 35 varieties.
Clement Coffee, Wine & Cheese, 2018 Clement, 752-7758, 32 varieties.
Coffee Bin, 3858 24th St., 648-2151, Tues.-Fri. 11 am-6 pm, Sat. 11 am-5 pm, 17 varieties.
Cost Plus, 2552 Taylor, 673-8400, Mon.-Sat. 10 am-6 pm, Sun. 11 am-6 pm, 44 varieties.
Freed, Teller & Freed, 1326 Polk, 673-0922, Tues.-Sat. 9 am-6 pm, 22 varieties.
Haig's Delicacies, 642 Clement, 752-6283, Mon.-Sat. 10 am-6 pm, 30 varieties (all packaged by them, smallest size 4 oz.).
Hardecastle's, 3011 Fillmore, 931-1046, daily 9 am-9 pm, 22 varieties.
In the Beginning, 3214 Folsom/Army, 285-4121, Mon.-Sat. 9:30 am-6:45 pm, Sun. 10 am-5:45 pm, 30 varieties.
House of Coffee, 1618 Noriega, 681-9363, Tues.-Sat. 9 am-6:30 pm, 18 varieties.
Meat Market, 4123 24th St., 285-5598, daily 10 am-midnight, 27 varieties.
T.A. Munchkin, 212 Church, 863-3428, Mon.-Sat. 10 am-11 pm, Sun. noon-11 pm, 24 varieties.
Oh's, 2651 Mission, 824-5676, Mon.-Sat. 9:30 am-6 pm, 170 varieties.
S.F. Herbs and Natural Food Co., 367 Ninth St., 861-7174, 150 varieties.
Sunflower Coffees, 145 Natoma, 495-3289, Mon.-Fri. 7:30 am-4 pm, 30 varieties.
Supreme Bean, 740A Market St., 982-6517.
Voorhees, Hagen & Roux, 1630 Haight, 861-3953, Mon.-Sat. 11 am-6 pm, 42 varieties.

East Bay

Aladdin's, 6050 College, Oakland, 654-4444, Mon.-Sat. 7 am-midnight, Sun. 7:30 am-9:30 pm, 50 varieties.
Caravansary, 2908 College, Berkeley, 841-1628, Mon.-Sat. 10 am-6 pm, Sun. noon-5 pm, 30 varieties.
Cheese Coffee Center, 2110 Center, Berkeley, 848-7115, Mon.-Sat. 8:30 am-6 pm, 90 varieties.
Coffee Conscious, 1599 Solano Ave., Berkeley, 526-2204, Mon.-Sat. 10:30 am-6:30 pm, 34 varieties.
Coffee Market, 1578 Hopkins, Berkeley, 526-1333, Mon.-Sat. 9:30 am-6 pm, 22 varieties.
Coffee Mill, 3363 Grand Ave., Oakland, 444-1653, Mon.-Fri. 9:30 am-6 pm, Sat. 10 am-5 pm, Sun. 11 am-4 pm, 60 varieties.
Peerless Coffee Co., 260 Oak, Oakland, 763-1763, Mon.-Fri. 8:30 am-5:30 pm, Sat. 9:30 am-5 pm, 30 varieties.
Peet's Coffee, 2124 Vine, Berkeley, 841-0564, and at 4050 Piedmont Ave., Oakland, 665-3228, Mon.-Sat. 9 am-6 pm, 26 varieties.
Sayatnova International, 1887 Solano Ave., Berkeley, 527-2221, Mon.-Sat. 9 am-6:30 pm, 22 varieties.

Connoisseur's pick of teas

We asked the tea specialists at several of the stores listed below for their recommendations for three different types of tea: breakfast teas, after-dinner teas and herb teas. Here is a composite of their best picks:

Breakfast teas

Assam, from India (approximately \$1.14 per ¼ pound), a strong, almost nutty-like flavor. Darjeeling, from the Himalayas (\$1.76), strong and dark. English Breakfast, from India (\$1.03), lighter, slightly citric. Keemun, from China or Formosa (\$1.09), mild, aromatic.

After-dinner teas

Lychee, from China (\$1.15), sweet, very rich. Jasmine, from China (\$1.26), very fragrant, milder than lychee. Earl Grey, from Ceylon or India (\$1.25), slightly lemonish, spicv. Russian (\$1.00), smoky, musky flavor and smell.

Herb teas

Lady Slipper, skullcap and chamomile (all about \$1.25 per ¼ pound) are said to be "relaxing." Red Zinger, peppermint and orange spice (\$1.00), "stimulating." Lemon verbena, cold's foot and lungwort (90 cents) are said to help the respiratory system. Buckthorn, rhubarb and cenna pod (90 cents) are often used as mild laxatives.

Spiked and non-spiked tea brews

The following recipes were provided by Hal Hurst, tea specialist at Aladdin's in Oakland.

Captain's tea

Brew 4 cups of English breakfast or orange spice tea. Add ½ ounce falermum (an alcohol sweetener), ¼ ounce apricot brandy into each cup. Pour tea over mixture. Add cinnamon stick and serve.

Cinnamon-sherried tranquility tea

Make 4 cups of Darjeeling or Assam tea. Pour ½ cup dry sherry into each cup. Add a dash of cinnamon and nutmeg.

Patty O'Punch

To 3 cups of boiling water, add 4 teaspoons or 4 tea bags of English breakfast tea. Add ½ cup lemon juice, ½ cup orange juice, ½ cup sugar. Refrigerate. Right before serving, add 2 small bottles of ginger ale. Add one cup of rum. Garnish with mint sprigs and orange slices.

Cranberry cooler

To 3 cups of boiling water, add 5 teaspoons of keemun tea, ½ teaspoon cinnamon, ½ teaspoon whole clove. Let steep and strain. Add ¾ cup sugar, one teaspoon of nutmeg, 2 cups of cranberry juice cocktail, ½ cup orange juice, ½ cup lemon juice, one cup of water. Serve in pitcher with lemon slices or mint sprigs.

Nonalcoholic lemon toddy

To 4 cups of boiling water, add 8 teaspoons of Ceylon tea, 2 cinnamon sticks, 2 teaspoons of whole cloves, lemon peel from one lemon, one cup of sugar, ¾ cup lemon juice, 2 pieces of crystallized ginger (sliced). Strain. Add 5 more cups of boiling water and serve. Garnish with crystallized ginger.

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Day by Day

July 9-July 16

By Zena Jones

Deadline for next week's calendar is noon on Friday, July 9. ► indicates free events.

Friday, 9th

YOU WON'T HAVE TO DRAG yourself to the Charles Pierce Show—the fabulous female impersonator (recently returned from London where he was a SMASH, my dear), is at Bimbo's, 1025 Columbus St., SF, Fri/Sat 8 and 11 pm, Sun 8 pm, tickets at BASS and major outlets.

GET INTO THE SPIRIT OF THINGS at this lecture on "Humans and Angels" given by Dorothy Maclean. In Scotland she learned to communicate with Nature Spirits and make contact with the Angelic kingdom. Learn how at 8 pm, Forum One Theatre, De Anza College, Cupertino, \$3.

MAN, WHAT A TRIP! Discovery Voyages' four-hour excursions take students on the South Bay along with marine biologists who teach them to take a water sample, catch and identify fish and run their hands through the gooey bay bottom. Call the Marine Ecological Institute, 364-2760 for info. (Departs 7 am from Redwood City).

NOTHING NEGATIVE about the photography or unversed about the poetry at this Many Media Group Show, July 11-18, weekdays 4-10 pm, weekends 2-9 pm, 63 Bluxome St., nr. 4th/Townsend, SF. Call 661-8266 or 647-9005, free.

EVEN THOUGH IT'S NOT THURSDAY, this must be Belgium, and the Theatre Laboratoire Vicinal's production of "i" (a one-performer improvisation around seven sculptures), 8:30 pm, Theatre of Man, 1350 Waller St., off Masonic Ave., SF; reservations 285-3719, Fri/Sat \$4, Wed/Thurs \$3, \$1 discount students and unemployed.

ENJOY A GOODNIGHT WITH THE Swede Prince of film—Ingmar Bergman's "Scenes from a Marriage" starring Liv Ullman, 8 pm, Memorial Auditorium, Stanford University, Palo Alto.

WAITING IN THE WINGS? Center Stage Theater West is holding an open call from 8-11 pm. The vehicle to be performed is Vania Morpurgo's "Getting Dark for Winter," and actors will receive token payment, 121 Leavenworth, SF, 864-2924.

WHAT'S NEW AT THE OLD WALDORF: 7/9, Yuri & Sasha, Russian Underground rock, 7/11, 2:30-7 pm, Jules Broussard, 9:30 pm-1:30 am, Steve Seskin & Friends, 7/12, Steve Seskin & Friends, 7/13, call for info, 7/14-17, Michael Bloomfield, The Old Waldorf, California at Divisadero, SF., 921-1770.

UPSTAIRS, NOT DOWNSTAIRS, the Magic Theater production of Sam Shepard's "Angel City," directed by the author, continues at 7:30 pm Fri. thru Sun. at the Magic Theater, 1618 California St., SF., 441-8001, \$4.50/\$3.50 students.

WHERE CHILE BECOMES WARM—at the "Pena Del Barrio," a cultural event in benefit for the people of Chile—music featuring Suni Paz, a display of children's art, and to top it off there'll be empanadas (Chilean meat pie), wine and beer, 7:30 pm, Mission Neighborhood Center, 362 Capp St., SF, \$1.75.

MORE DE GAULLE THAN GALL is this poetic, modern adaptation of Moliere's "Misanthrope" presented by the SF Actors' Ensemble, 8:30 pm, Thurs. thru Sat. till Aug. 14, 2940 16th St., SF., 621-2505, Thurs. \$2.50; Fri/Sat. \$3.50.

DANCE—DON'T TRIP!—the light fantastic at Dance Free West, an alternative to the disco scene. Free-form dancing to taped music; bring percussion instruments, flutes, 9 pm

to 12 midnight at Everybody's Dance Studio, 51st/Broadway, Oakl. Donation \$1.50. More info 549-2910.

Saturday, 10th

GO OUT ON A LIMB with Penelope Lagios Johnson's SF Dance Theater group as they perform "Rachmaninoff, Pas de Deux," "Taranto," and "Two Hearts" among others, July 10, 11, 17, 18 at 8:30 pm, 1412 Van Ness Ave., SF, 673-8101; gen. adm. \$3, students \$2.50 at the door.

► NET YOURSELF A BALL in Golden Gate Park and join the volleyball fun, Sat. & Sun. 12:30 to 6 pm. On Sundays park near 12th Ave. at Park Presidio or 15th Ave. at Fulton St., follow the path through the trees to the volleyball site. Bring your friends and make new ones.

WALK ON THE WILD SIDE and join Sunol Naturalist Dave Lewton in this family-type wilderness camping session July 12 to 16. Bring your own food and gear, everything else furnished. Call Dave at 862-2244, \$5 per family.

► THIS SUMMER SEND YOUR KID to SI—bi-lingual (Spanish/English) summer school for grades K thru 6, free breakfast and lunch, July through Aug. 13, Marshall School, 3230 20th St., 282-1060, free.

NAVEL MANEUVERS at the Middle Eastern party and show featuring Arabic and Persian music, singing and bellydancing—see how to lose your mid-section! 8:30 pm at the Intersection, 756 Union, SF, Sat/Sun, \$2.

► FOR THE STUCK-UP CROWD, a film and lecture on acupuncture, 11 am, Sunset Medical Center, 2409 19th Ave. (at Taraval), call Roan Browne, 664-2248, free.

DON'T PANTALONE—go to see the Epic West presentation of the Commedia dell'arte "Olive Pits" and enjoy Scaramouche and Agueda Sats/Suns. thru Labor Day at 4 and 5 pm, 2640 College Ave., Berk., free.

A SEASONED FILM, "Salt of the Earth" helps to expose and fight racism all over the world. Presented by the Committee Against Racism, 8 pm, Sutter St., YWCA (Western Addition) \$2.50 employed, \$1 unemployed.

BRING YOUR HEIGH-HO and come to the Fair—The Great American SHINDIG & Old Fashioned Country Fair has parades, games, crafts, contests and fiddle contests every day at noon with money prizes, July 10-11, 17-18, 24-25, Blackpoint Farm, Novato, Hwy. 101 to Hwy. 37, east 2 mi. to Black Point exit. Gen. adm. \$3.75, Children under 12/\$1.75.

Sunday, 11th

COME, MY LITTLE NINOTCHKA, to the Russian River—pick your comrade for this social event for singles. Picnic, swimming, carpools can be arranged, 10:30 am, SF Jewish Community Center, 3200 California St., SF., 346-6040, members free; public 50¢.

WHITTIER'S MOTHER, the "American Totem Series: Oil Paintings by Ralph McNeill," on exhibit at the Intersection Gallery, 756 Union St., SF, opening and reception today from 3 to 5 pm.

HOW HAI ARE YOU ON BALI dancing and the Olympic Games? Watch them via the movies at the UC Pacific Film Archive in Berkeley, 75¢ but call 642-1124 for full info.

Monday, 12th

► A QUACKERJACK PERFORMANCE by the Duck's Breath Tetry Theatre of "The Blob Grows

Up," a "you are there" documentary expose of the Red Scare, sci-flicks and the Fifties mentality in general. Tonight and 7/19, 8:30 pm, Gatsby's, 39 Caledonia, Sausalito, 922-1528 for other performances. Free.

► POLISH YOUR PENTAMETER with poets Carol Berge and Steve Schutzman reading their work at 8 pm, Cody's, Telegraph/Haste, Berk. 845-3097. Free.

THIS STEMS FROM STAMEN POWER—The Return of Flower Power films: "Nowsreal," a 50-minute documentary about the Haight; "The Hippie Temptation," a high-camp view of SF's hippies; "The Mystery of the Leaping Fish," a zany comedy about cocaine; and "Fluid Animation," recent experimental work by Kelly Hart. All at Monday Night at the Movies, 1538 Haight St., SF, \$1.50.

ADD LIB to your heart's content at the Monday Night Thing for Lib-Men/Lib-Women. Small discussion groups in a relaxed atmosphere, no pressure, no hassle. Compare notes and make new friends. Refreshments, 776-4580, Unitarian Center, 1187 Franklin/Geary, SF.

GET YOUR KICKS from this soccer clinic for young men and women. You'll get instructions in fundamentals, ball control, passing, heading, shooting on goal and goalie play. Helen Wills Playground, Broadway/Larkin Sts., SF, 558-3543 for more info.

Tuesday, 13th

► EVENING AT LOW TIDE: See the many creatures on the shores of San Francisco Bay in a walk with Naturalist Peter Ourusoff, 7 pm, Old Wharf Classroom, Robert Crown Memorial State Beach, off McKay Ave., Alameda, 525-2233, free.

Wednesday, 14th

YOU DON'T HAVE TO BE A NUT to enjoy the Old Chestnut Drama Guild. The summer stock company begins its second season with W. Somerset Maugham's "The Circle," 8 pm thru July 17, 2 pm mat. on the 17th, Zellerbach Playhouse, UC Berkeley campus, Berk. gen. adm. \$3.50, students \$2.50, 642-2561.

DON'T LOSE YOUR HEAD on Bastille Day when the Berkeley Stage Company presents the world premiere of Theodore Roszak's first play, "Pontifex," 8 pm at Way Station 99, 1111 Addison St., Berk., 548-4728, \$4 & \$2.50 Thurs. & Sun. \$5 & \$3.50 Fri. & Sat.

► JUGGLE YOUR SCHEDULE to include a discussion on "The Clown

and Trickster in Native American Folklore" to be discussed by Prof. Dennis Jarrett at 11 am, UC Berkeley, 101 Morgan Hall, Berk. Free.

Thursday, 15th

► GET INTO ORBIT with Poul Anderson as he reads and discusses his science fiction at 7 pm, Lurie Room, Main Library, Civic Center, SF. Free.

A RUNNING CONFLICT is in the offing at the All Corners Track meets, cosponsored by Oakland Office of Parks and Recreation. Meets are held Mon., Wed. and Fri., 6-9 pm, register at Laney College, 900 Fallon St., Oakland.

THERE'LL CERTAINLY BE A doctor in the house when the Oakland Ensemble Theater produces Neil Simon's "The Good Doctor." Special promotion for this event includes "House Call Night"—the first 50 people will be admitted for \$1 (July 8), and July 15, "Dr. Feelgood Night," buy one ticket and get one free. Thurs. 8 pm, Fri. and Sat. 8:30 pm, Sun. 5 pm, The Oakland Ensemble Theatre, 660 13th St., Oakland, 832-8030.

Friday, 16th

PACK YOUR BAGS for this backpacking trip in Pt. Reyes for women and children who are able to pack in five miles and carry their own equipment. Fri. through Sun. For more info call Nancy, 771-6714.

A BRONZE BIZARRE—fetish objects, some found, some made, like the five bronzes titled "The States of Hell," the bat skeleton in a box, the stock of an arrow made of a rose branch with a lizard forming the tail, "Virgin on a Set of Teeth"—these are among the more mundane of Michael Bradley's sculptures. For a change of pace, look at his atmospheric and restful paintings. Thru Aug. 22, Berkeley Art Center, 1275 Walnut St., Berk., 849-4120 or 644-6893.

THAT'S ENTERTAINMENT—AGAIN! Gene Kelly and Judy Garland in "Summer Stock," plus Tom and Jerry cartoon, Fri. at 8 pm, The James Moore Theater, Oakland Museum, 1000 Oak St., Oakl. \$1.50; OMA, Sr. Citizens \$1.25.

IF THE BARD IS YOUR GOBLET OF MEAD, come to the Pub Theatre Company for a performance of Othello, running Thurs. thru Sun. thru Aug. 15, Glen Park Theatre, Glen Park Recreation Center. Call 922-8868 for times, \$4/\$2.50 students and sr. citizens.

DOES YOUR PET ROCK HAVE A SOUL? Wally Richardson will tell you in his lecture on "The Spiritual Value of Gemstones," 8 pm, De Anza College, Forum 3 (Cupertino), 379-6020, \$3.



Dick Oxtot's Golden Age Jazz Band. From left: Pamela Polland, Dick Oxtot, Bill Napier, Red Wright, Bob Mielke. Every Saturday night at The Point, 32 Washington St., Point Richmond. No cover.

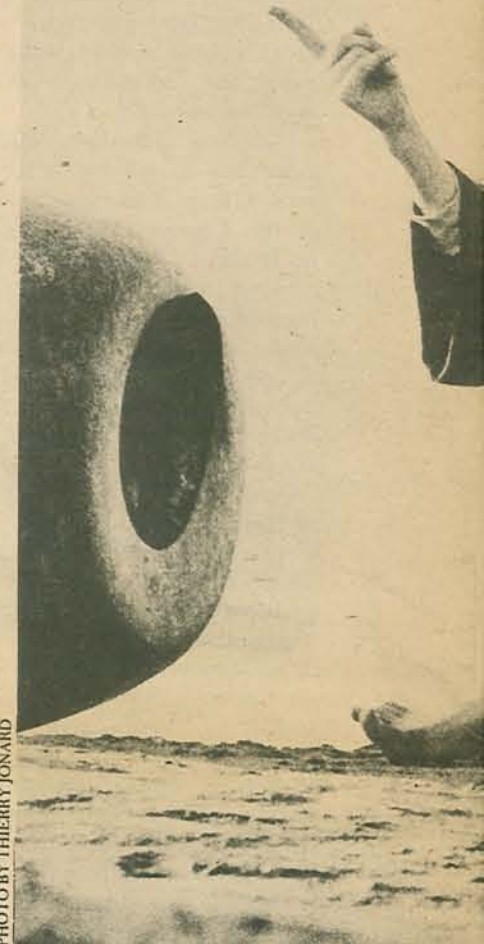


PHOTO BY THERY JONAH



Stretching a point: Ken Baker, left, of Ken Artman, of Bill Graham Presents, will conduct

NIGHT



Anne West in Theatre Laboratoire Vicinal's prize-winning play "I," at Theatre of Man, 1350 Waller, SF, Wednesday through Saturday, July 7, 8, 9, 10 at 8:30 pm.



Carol von Bronkhorst, flute, and Terry Mills, guitar, will perform at Old First Center for the Arts, Friday July 9, 9 pm, at the Old First Presbyterian Church, Van Ness/Sacramento, SF, \$1.50 (776-5552).



Saxophonist and vocalist John Handy, right, and North Indian sarod master Ali Akbar Kahn, at Keystone Korner, 750 Vallejo, SF, through Sunday, July 11 (781-0697).



Baker Publicity Services, and Zohn a seminar on "Publicity and Adver-

tising in the Entertainment Industry," Monday, July 12, 8 pm at the Family Light School of Music, 303 Harbor Dr., Sausalito, \$3.



The fairies square off with the peers in the Lamplighters' production of "Iolanthe," a fantasy by Gilbert and Sullivan. Fridays and Saturdays at 8:30 pm through July 31, with two Sunday matinees July 11 and 18, at 2:30 pm. At Presentation Theater, Turk/Masonic, SF (752-7755, 775-2021).

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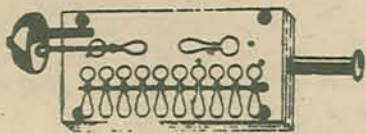
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The Bay Area premiere of Edward
Albee's "Seascape"

The games lizards play

SEASCAPE, by Edward Albee, at the Hillbarn Theater, 1285 East Hillsdale Blvd., Foster City. Friday and Saturday at 8:30 pm through July 31. \$3.25 (adults), \$2.75 (students), \$2.25 (children under 12). Info 349-6411.

Seascape, for which Edward Albee won a Pulitzer Prize in 1975, is a slowly paced and highly cerebral comic melodrama about Nancy and Charlie, an elderly couple entering retirement who lie on the beach outside a resort town one afternoon for a few hours and talk about their desires, their love, their life together, their marriage, their fears, their ambitions and their boredom.

Nancy is exhilarated by her new freedom. She looks forward to traveling and imagines out loud to Charlie how wonderful it would be to voyage slowly around the world from beach to beach. But Charlie remarks that she would get tired of the beach, adds that he wants to rest and has earned the right to do nothing, then turns brusquely back to his book. And we're off.

What develops as the play rolls along are two distinctly different character types, Nancy and Charlie, and we are treated to an examination of their life together and how that mystery called love grew to connect them. Love is the right word, I think; I'm not sure. What grows between them is an accommodation to disappointment, and the power and beauty that exist in each one of them transforms to inertia. The problem is that they never belonged together in the first place.

Going back to the beginnings of their lives, where the differences between the two of them are already evident, Charlie and Nancy talk about their childhood ambitions. Charlie recalls that as a boy he always wanted to be a fish. Then he goes on to recount a favorite pastime that brought him much peace and contentment: as a youth he frequently swam out to the middle of a nearby lake holding two large rocks, one under each arm, treading water diligently to stay afloat. It was then his wont to relax and slowly sink, by the weight of the rocks, to the bottom of the lake, where he would sit in peace and quiet and darkness so long that eventually the fish returned and calmly swam about him as though he were a denizen of the deep.

Nancy, on the other hand, says that as a child she simply wanted to be a woman. But Charlie's recollection of his childhood game excites her, and she wants him to race right now out into the ocean with two rocks under his arms and play it again. She encourages him joyfully to be young again, transformed, it appears, by the prospect of seeing her husband with his defenses down, following his heart. Charlie adamantly refuses, grumbling that he would rather remember, and tries to go back to his book.

The two continue their bitching and bantering, passing observations on love, sex, fidelity and marriage, but each fails in the final analysis to discover and respect the feelings of the other. Frustration ensues, and Charlie and Nancy end up squabbling like two spoiled children who refuse to share the tricycle.

Just then a seven-foot lizard pops his head up over one of the sand dunes and eyeballs the argument between Charlie and Nancy.

No, you did not misread that. No, you are not watching Creature Features. It was an honest-to-God seven-foot lizard. I saw it with my own eyes. It looked like Godzilla's baby brother.

Would you freak out in that situation? Well, Charlie and Nancy do. They scurry around half-wittedly trying to prevent disaster until finally the monster advances on its hind legs, brandishing in its claw a huge log raised over its head. "Roll up like this," shouts Nancy, curling upon her back in the fetal position, her arms and legs sticking up like a dead dog. "It's called submission." Charlie follows her advice as the monster advances.

Bam! Lights out. Intermission. Try going out into the lobby to suck on your orange juice after that.

In the second act, however, everything becomes clear. Leslie, the giant lizard, climbs up out of the ocean onto the beach with



Nancy and Charlie (sitting) and Sarah and Leslie (here cleverly disguised as humans) in "Seascape."

his mate, Sarah, another giant lizard, and the two of them join in conversation with Nancy and Charlie about the lives lizards lead versus the lives human beings lead.

Lizards, it appears, have a much simpler consciousness than human beings. They do not shake hands when they encounter each other. They do not wear clothes to cover their sex characteristics. They are not even sure what sex characteristics are, so Nancy offers to show them her breasts and starts to unbutton her blouse until Charlie interposes angrily that it is all right for Sarah, the lady lizard, to look at the breasts, but that it is improper for Leslie, the gentleman lizard, to look at them.

Sarah seems much less possessive of the 7,000 children that she has had than Nancy seems of her two or three. And not only is filial love less personalized in the reptiles' consciousness, but so is sexual love, which seems to follow simple survival instincts.

By this time an evolutionary motif has begun to establish itself. Charlie's inclination is to move in a reverse direction along the evolutionary scale, back toward dark, back toward the womb, back toward the lake and the ocean which are the original progenitors of all life. Nancy, on the other hand, as a child yearning towards womanhood, moves in the opposite direction on the evolutionary scale, outwardly, toward growth and change with an expanding, not contracting, consciousness.

Slowly, the human beings begin to create pain in the lives of the reptiles. Leslie is insulted when Charlie refers to him as a fish, because, as all lizards know, fish are dirty and stupid and mess up the neighborhood. A bit later he becomes nervous and uncertain when Charlie and Nancy talk glibly of the difference between humans and "brute beasts." And finally he bursts into a violent rage when Charlie makes Sarah cry with fear and sorrow by talking about death and isolation, two concepts new to the lizards' consciousnesses. Sarah has never cried before.

What we watch is essentially the lizards' fall from innocence as they listen to the two human beings talk about the psychological conflict and destruction that take place up on land. And yet the two lizards seem unable to return to the sanctuary of the ocean. It is too crowded down there. Evolutionary forces are pushing them in the opposite direction.

The acting in this presentation of Seascape by the Hillbarn Theater is excellent for a non-professional production. I particularly liked Elizabeth Hardy Petty as Nancy and Ed Pliska as Leslie the Lizard.

Unfortunately, the theater has an acoustical problem: because the walls are uninsulated and the space is so cavernous, you have a slight echo to contend with, which only becomes a big problem on those few occasions when the actors talk with their backs to the audience.

It's rather remarkable to find the first Bay Area production of a Pulitzer Prize-winning Albee play in a place like Foster City, which is condominiumville gone berserk: no stores, no restaurants, just acres and acres of instant suburbia rising up out of the landfill. Not an ideal place to find yourself during the next earthquake, but, I suppose, as good a vantage point as any to watch the next invasion of the giant lizards.

If you don't like our history, go out and
make some of your own

Wild West Show business

BUFFALO BILL AND THE INDIANS, OR SITTING BULL'S HISTORY LESSON. Directed by Robert Altman, starring Paul Newman. At the Alhambra I, Empire and Serramonte 6, SF; Spruce Four, South SF; Oaks, Berkeley; Festival 5, Walnut Creek; Sequoia, Mill Valley.

When the legend becomes fact, print the legend," says a character in John Ford's *The Man Who Shot Liberty Valance*. Robert Altman's new movie shows that the process of turning legend into fact can be given a more respectable name: history. *Buffalo Bill and the Indians, or Sitting Bull's History Lesson* is a history lesson for all.

The setting is William F. Cody's Wild West Show, which Altman and co-screenwriter Alan Rudolph imagine to be a dream factory — the first movie set waiting for necessity to mother the invention of the motion-picture camera. (Luckily, we don't have to wait, thanks to Paul Lohmann's golden, dusty cinematography.) This Wild West Show is pure show business; we meet the Legend Maker, the Producer, the Publicist and, finally, the Star. We witness the customary havoc on the set; we listen to the bombastic rhetoric of the promoters who reduce language to a barrage of superlatives. But this show business is not merely the purveyance of innocuous, leisure-time dreams. Altman's Wild West Show is engaged in nothing less than the propagandistic business of shaping historical reality into crowd-pleasing entertainment.

The reality in question is the conflict between the white settlers and the Indians. Since this is white show business, the red man's nightmares of degradation are transformed into the white man's dreams of heroism. The Wild West Show just looks like sawdust and tinsel. As if prematurely reacting against Santayana's dictum, "Those who do not learn from the past are condemned to repeat it," the entertainers in *Buffalo Bill* hope to revamp the past so they won't have to remember it. At one point, a member of Bill's entourage proclaims, "Buffalo Bill is here to relive moments of his history." Sitting Bull's interpreter replies, "History is nothing but disrespect for the dead."

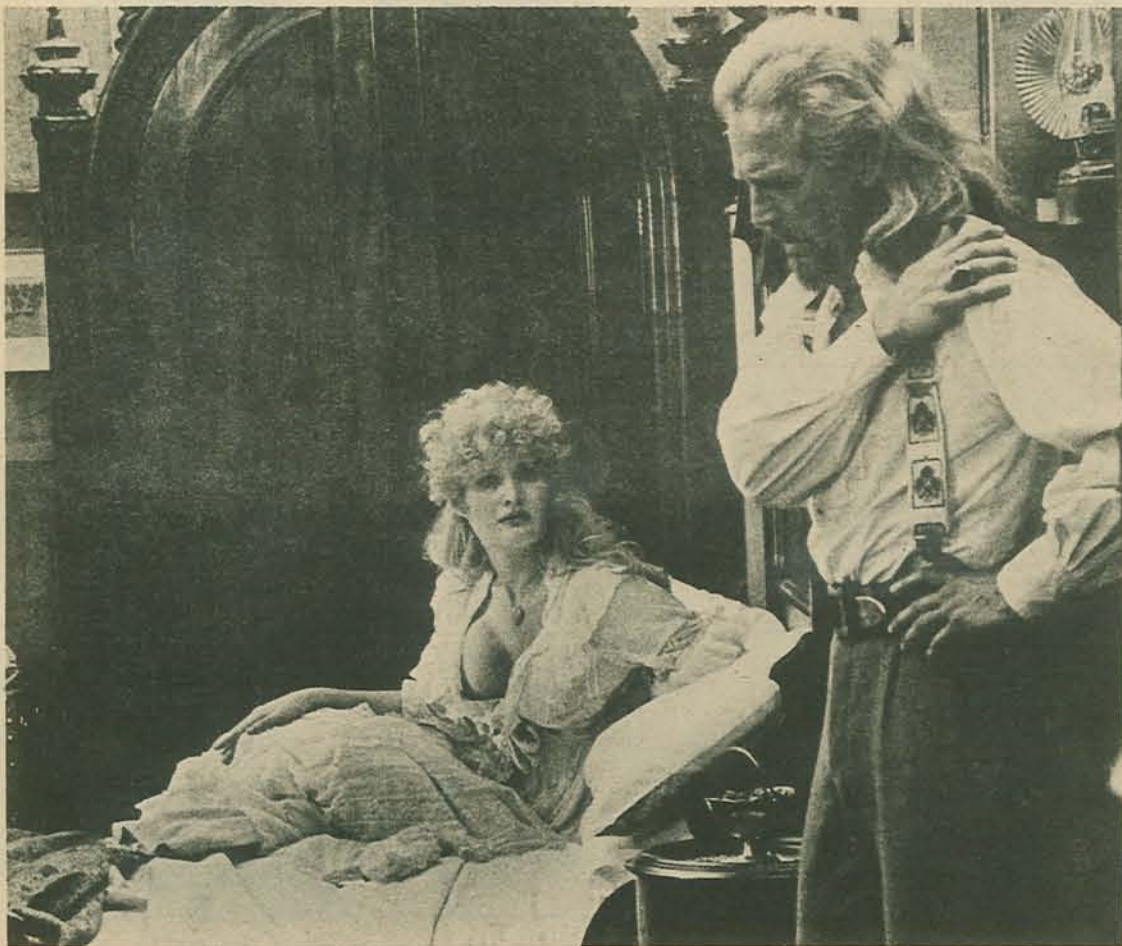
The movie's didacticism is so hyperbolic and straightforward that this is almost a Brechtian Western. The dialog is loaded with anachronisms and pointed parallels with the contemporary. This might seem a failure of imagination if Altman were trying to achieve the naturalistic reproduction of a moment in history. Like *Buffalo Bill*, who calls himself the National Entertainer, Robert Altman is one of our national entertainers and this is his own bald rewrite of history. As in *Bonnie and Clyde*, we get a sense of the past without having to relinquish the present. I'm trying to distinguish between a

movie set in the past that zig-zags between Then and Now out of sheer laziness and a movie that says maybe we ought to rethink what we know of the past. Arthur Penn's *The Missouri Breaks* is an attempt to do the latter, but the movie gets lost in grandstanding eccentricities. *Buffalo Bill and the Indians* is coherent almost to a fault. Though there are no dead ends, we may miss some of the spontaneous detours we have come to expect from Altman's meandering, intuitive style.

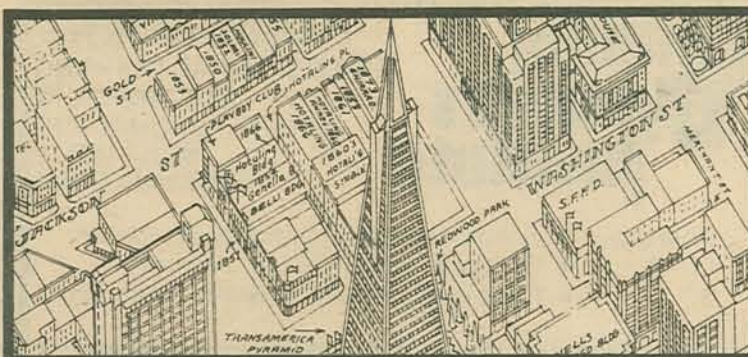
Paul Newman plays Buffalo Bill, the first Star, and the fine actor gets to twinkle again. Newman's Buffalo Bill is a clownish, drunken braggart with a cascade of fake blond hair that he lovingly attends. He spends a lot of time musing into the mirror or staring at one of several paintings of himself for inspiration. "Some day my hair's gonna be as long as Custer's," he says absentmindedly, only to remember that Custer is long gone. His star's dream-world is as insulated as a child's, like Barbara Jean in *Nashville*, and he has long forgotten the difference between real and make-believe. This Buffalo Bill has a weakness for women opera singers whose absurdly sweet tones provide a lulling purity that is elsewhere lacking in his loud, boastful life.

Newman's blue eyes have never looked so wild and overzealous, and his stumbling, blustery movements are comically poetic. Altman's loose, improvisatory direction seems to be just what tired movie stars need to rejuvenate their talents. Who could have anticipated the delight of Burt Lancaster's acting in this movie? All too often, Lancaster has given sobriety tests, not performances. As the pulp-legend writer who claims to have "created" Buffalo Bill, Lancaster's characteristic grandiloquence is a comic development of his character rather than an inadvertent by-product. People like Joel Grey, Harvey Keitel, Geraldine Chaplin, Pat McCormick, Kevin McCarthy and Will Sampson (Chief Broom in *One Flew Over the Cuckoo's Nest*) are used in original and striking ways. In an Altman film, everybody is a star.

In *Buffalo Bill* we again see the Indians through the eyes of white people — but with a difference. We can sense why the white settlers were unable to see beneath the cigar-store Indian facade, but we can also see how much they're missing. When Sitting Bull is hired as the show's "new act," one of the crew expresses incredulity: "If he wasn't interested in show business, he wouldn't have become a chief." After Sitting Bull has been killed, the chief's interpreter enacts a mock killing at the hands of Buffalo Bill as the crowds roar. The falsely heroic show business that this movie sees as the white man's flashy deceit has disposed of the chief — and made a star of his defeated friend.



Buffalo Bill (Paul Newman) visits his mistress, Lucille DuCharmes (Noelle Rogers), in Robert Altman's new film.



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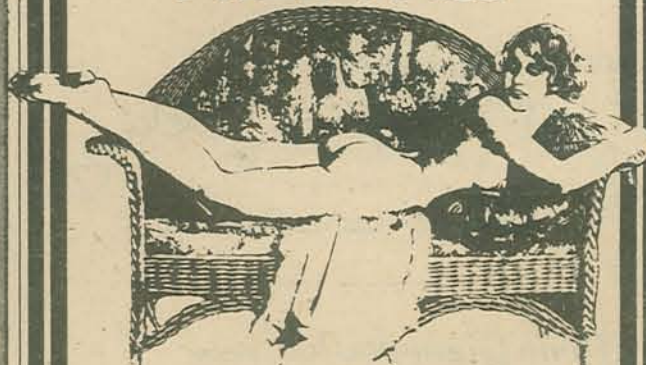
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The names in the above testimonies have been changed for the protection of the individuals.

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MOVIES

Mini-Reviews

Mini reviews by Zena Jones and John Angell Grant

All the President's Men

Even if you loathe politics, want to forget Watergate and think of Robert Redford as just another pretty face, director Alan Pakula's edge-of-the-chair, Washington-Post-tells-all thriller will keep you riveted. Their efforts add up to two hours and ten minutes of total enthrallment—not bad, considering you already know how it all comes out. (Plaza, Daly City; Regency II, SF; Showcase, Oakland; Cinema I, Corte Madera; Redwood, Redwood City — Z.J.)

The Bad News Bears

The bad news is only in the title—the good news is that director Michael Ritchie has hit one out of the ballpark in this baseball-grounded story of switching losers into winners. You'll have a ball with this little-league microcosm of adult behavior. Not only does it never allow sentiment to lapse into sentimentality, but it hits home on a lot of unexpected bases. (Century Complex, Pleasant Hill; Hyatt, Burlingame; Festival Cinema, Walnut Creek) — Z.J.

The Baker's Wife

By Joseph Stein (book) and Stephen Schwartz (music & lyrics), at the Curran Theater through August 14. Monday through Saturday at 8:30 pm, Wednesday and Saturday at 2:30 pm. \$3.75 to \$13.75. Info 637-4400.

Stephen Schwartz's catchy melodies, some amusing song and dance by Israeli star Topol and two intricate, colorful rotating sets are not enough to salvage what is basically a stupid story about a small French village that threatens to collapse because the baker stops baking when his wife runs off with a local macho chauffeur. Imagine a bunch of adults who should know better standing up on stage in front of an audience singing over and over at the top of their lungs, "Bread, bread, bread!" Boring. Boring. Boring — J.A.G.

The Big Bus

"The Big Bust!" is another of those star-laden superfluties that go nowhere, even though in this case the likes of Joseph Bologna, Stockard Channing, Rene Auberjonois, Jose Ferrer, Ruth Gordon, Sally Kellerman and Lynn Redgrave are along for the ride from New York to Denver in Cyclops, the world's first nuclear-powered bus. Director James Frawley's (formerly of the Monkees) second effort should stand as a dire warning of what can happen when filmmakers urge you to "leave the driving to us" when they obviously don't know their buses from their airplanes. (Regency I; Tantor 1, SF) — Z.J.

Buffalo Bill and the Indians

Paul Newman plays William F. Cody as a media myth a trifle insecure astride a horse and often buffaloeled by the high-pressure huckstering of his Joel Grey-headed public relations staff. The film cleverly and hilariously superimposes modern p.r. methods and jargon on 1880's characters and slyly pokes fun at the whole fabrication of superstar build-up, while pint-sized Sitting Bull (Frank Kaguitis) outsmarts them all without saying a word (but then, he's got a bigger and better track in Will Sampson). Director Robert Altman's touch falters only in the closing scenes when he doesn't seem to know how to end it all, so, disappointingly, he simply lets it fade away. (Alhambra I, Empire I, Spruce Drive In I, Serramonte I and 2) — Z.J.

Face to Face

Death, like taxes, is the certainty that has tormented Ingmar Bergman. Here he expresses his fear through his protagonist, a woman psychiatrist. Unable to bear what is not happening to her, she attempts suicide. Bergman communicates his fear—and also his confusion, for the film is full of paths that lead nowhere, but one sure and certain thing is Liv Ullman's brilliantly cathartic performance as the physician who cannot heal herself. (Suri, SF) — Z.J.

The Great Scout and Cathouse Thursday

Imagine, if you can, a movie in which Lee Marvin is lovable (sort of), there's hardly any cussing (shucks, not much, anyway) and no nudity (well, barely any) and THAT'S entertainment! Director Don Taylor has combined Western comedy with contemporary political undertones of underhandedness (Robert Culp plays a politico of the Liz Ray genre) and made a colorful film with black and white characterizations and concepts. Elizabeth Ashley is Culp's bitchy wife, Sylvia Miles a dyke-ish madam called Mike, and Oliver Reed hilarious as a half-Indian who has discovered the hard way that a whore a day won't keep the clap away. A very funny film. (Coliseum, SF; Serra, Daly City) — Z.J.

Logan's Run

This movie owes considerably more to Flash Gordon than it does to Stanley Kubrick, although director Michael Anderson has come up with some imaginative sets that keep you fairly firmly in the 23rd century. It's full of flaws and errors, however, and the plot is so confusing its message is up for grabs, except that the "Don't trust anyone over 30" syndrome is carried to exterminating lengths. Michael York does his best with an undemanding role, Jenny Agutter seems incapable of expression of any sort, and it's up to Peter Ustinov to give the film its only worthwhile moments. On a scale of zero to 2001 rate this 200. (Alexandria SF) — Z.J.

The Man Who Fell To Earth

Watching this film is rather like eating a Dagwood sandwich—one is constantly digesting at least five ingredient levels simultaneously, and director Nicholas Roeg is so carried away with visuals he tends to forget the plot. For what the latter is worth, an androgynous, expressionless, spaced-out being (what better choice than David Bowie?) comes to earth in search of water for his own parched planet and uses his superior intelligence (in sci-fi all inhabitants of other planets are of superior intelligence) to amass enough money to build the space ship that will take him back. The work is full of superficial originality that leaves one, with the hope that someday Roeg will make a film in which the photography is only a means to an end. (Vogue, SF; Elmwood, Berk.) — Z.J.

The Man Who Skied Down Everest

This stunning tone poem whose narrative is etched on the mind in Oriental calligraphy is the story of 37-year-old Japanese skier/scholar Yuichiro Miura's attempt to ski down the icy face of the highest mountain peak in the world, Mt. Everest. The pilgrimage, with its 850 men, 27 tons of luggage and tremendously sophisticated equipment, provides as much suspense, drama, emotion and tragedy in the 185-mile trek from Katmandu to the foot of the mountain as the "day of the great downhill" itself, and the gradual ascent is a study in cold, cruel beauty with its breathtaking perpendicular rises and vertical climbs. A magnificent triumph of filmmaking that has won the 1975 Academy Award for best documentary. (Cinema Stones-town, SF) — Z.J.

The Missouri Breaks

Marlon Brando, Jack Nicholson and Arthur Penn—an almost holy trinity, one might assume. Alas, with the addition of writer Thomas McGuane it turns into an unholy alliance. The script doesn't do much more than set the 1800s Montana good-guys/bad-guys tone, then combines an off-balance rudimentary humor with peculiarly calculated violence, letting Nicholson epitomize the first and Brando the second. Nicholson goes along amiably enough but Brando's style is to see things for what they are and employ his own formidable brand of self-mockery to make the film his own. And he does. (Balboa, New Mission, SF) — Z.J.

Murder by Death

Of course, the butler turns out to be Truman Capote who turns out to be Nancy Walker, who turns out to be... well, that may give you some idea of the juiced-up mood of this zany Neil Simon thriller, which also has James Coco, David Niven, Peter Falk, Elsa Lanchester and Peter Sellers playing five of the world's most famous fictional detectives and their hangers-on in this Gothic and far from elementary plot, in which all are invited to be the guests of a mysterious Mr. Lionel Twain at "a dinner and a murder." With Charles Adams cartoons to introduce the cast during the credits, you'll die laughing. (Cinema 21, SF) — Z.J.

Ode to Billy Joe

It may be redundant to wax lyrical over an ode, but director Max Baer has captured small-town Southern life and its stern Baptist morality with such authenticity that he's raised it almost to an art form. In a uniformly superb cast including Sandy McPeak, James Best and Simpson Hemphill, 20-year-old Glynnis O'Connor must be singled out for her faultless interpretation of Herman Raucher's script and her portrayal of a lonely 15-year-old's budding preoccupation with incipient womanhood. Bobby Benson is excellent as the young man emerging into tumbling sexual awareness whose tragic discovery about himself makes these two a modern Romeo and Juliet. Absolutely faultless Americana. (Alhambra I, El Rancho, Serramonte 6, SF) — Z.J.

The Omen

One of the more memorable quotes in this poor-man's "Exorcist" is that "the Devil's child will rise from the world of politicians." Aside from that, Richard Donner has directed with no hint of the subtlety that made "The Innocents" so full of demonic suspense and terror. Instead, he has made a basically dull movie, then livened it up, so to speak, with violence, hanging, impalement (several varieties), decapitation, defenestration and attempted infanticide. Gregory Peck, Lee Remick, Billie Whitelaw and David Warner perform well enough in Satanic surroundings, and the camera work is interesting, but the total effort is never convincing enough to give the devil his due. But take heart, horror fans—judging from the closing scenes, "Son of Omen" is imminent. (Coronet, Geneva Drive-In, SF) — Z.J.

La Rupture

When director Claude Chabrol gets his psychology and suspense all together he is, like the Alfred Hitchcock he admires, superb. Unfortunately, this just-released 1970 work is as disappointing and lacking in suspense as Hitch's "Family Plot" and, unlike other 1970-era Chabrol films, the usually taut psychological fabric is so loosely woven as to be formless. The parable-like plot pits power against virtue as a wealthy family uses stop-at-nothing methods to regain their drug-ridden son's child from his mother, a



Lee Marvin (left) and Oliver Reed team up in "The Great Scout and Cathouse Thursday," at Coliseum, SF; Serra, Daly City.



David Bowie, British glitter rock king, and Candy Clark, who starred in "American Graffiti," in a scene from "The Man Who Fell to Earth," at the Vogue, SF, UA Elmwood, Berkeley.



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blameless wife of obscure origin whom they consider inferior and unsuitable; but even the exquisite talents of Stephane Audran as the wife cannot knit up to this all-too-raveled sleeve. (Cento Cedar, SF)—Z.J.

Silent Movie

This Mel Brooks-directed mish-M*A*S*H* of humor has Brooks playing a has-been director with Marty Feldman and Dom De Luise as his zany cronies all trying to sell their idea for a modern silent movie to studio chief Sid Caesar and prevent take-over by the villainous conglomerate, Engulf & Devour. The plot, however, is little more than a peg for innumerable

sight gags that run the slapstick scale from feeble to frantically funny and, considering there's only one word spoken in the 86-minute movie, it works surprisingly well. But someone should tell Mel that too much of the humor has come out of the water closet and may wipe away the first flush of enthusiasm for those beyond adolescent humor. (Metro, SF)—Z.J.

Stay Hungry

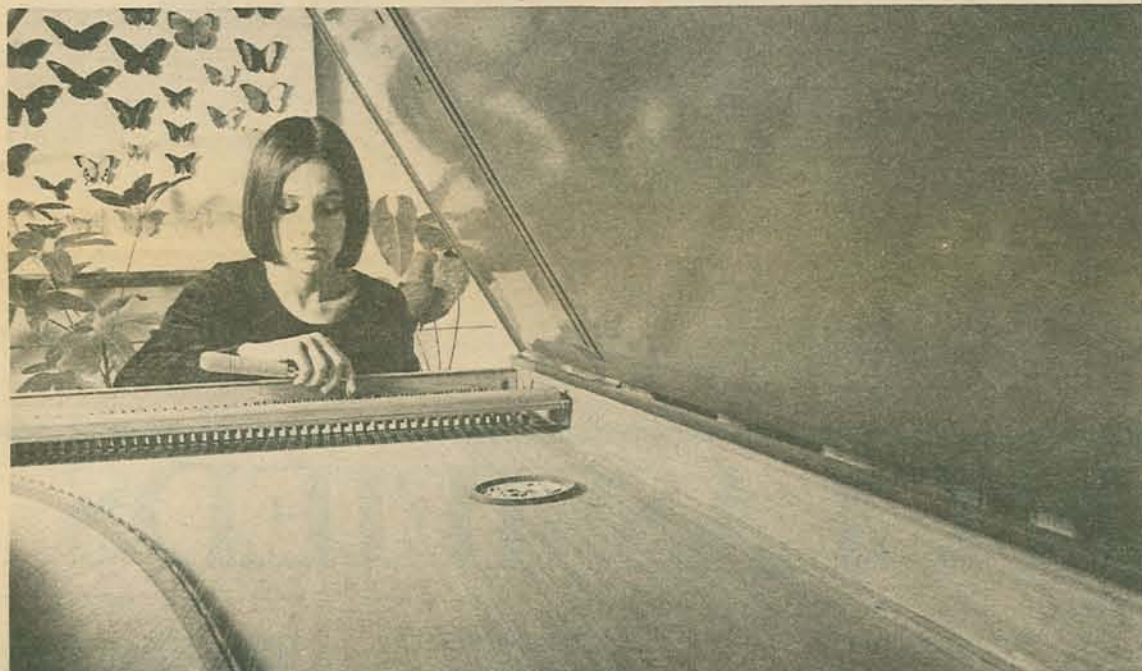
Jeff Bridges plays a rich Southerner whose wealth is a pressing weight and who tries to get a lift out of life by muscling in on the bizarre cult of pumping iron. The meat of the plot concerns Bridges' search for himself through the jungle of

the gym, leaving the Titans only a small scene or two to traffic for themselves. (Bridge, SF)—Z.J.

Taxi Driver

Robert de Niro gives a superlative under-the-skin, inside-the-head performance as a man almost totally alienated from society, but director Martin Scorsese has flawed his film with contradictions and a seeming inability to make up his mind as to the right ending — so he gives us three. Nevertheless, a gripping and disturbing analysis of mankind versus the filth and slime that constitute the very hard underbelly of urban life. (Stage Door, Serramonte 6, Spruce IV, SF)—Z.J.

MUSIC



Harpsichordist Martha Cook will present "The Italian Harpsichord and Its Repertory" at 8 pm, Thurs., July 15 at the University Art Museum, Berkeley

Harpsichordist Martha Cook, in concert, at 8 pm, Thurs., University Art Museum, Berk. \$3 general/\$2.50 student, 642-1207.

"Of Thee I Sing," a Pulitzer prize-winning musical by Kaufman and Gershwin, presented by the Civic Arts Repertory Company, opens in the Civic Arts Theater, 1641 Locust, Walnut Creek, Fri/9, 8:30 pm, \$3.50 top ticket price.

Roland Young solo performance-sound philosophy too. Original compositions for electrified bass clarinet, sanza, kalimba and other instruments. 1750 Arch Street, Berk., Sat/10, 8:30 pm, \$3/\$2.50 students/\$2 senior citizens.

The Romeros, "The Royal Family of Guitar" in an evening of classical guitar in the Wine-masters' Guild Winery, 1/4 mile east of Highway 99 in Lodi, on Highway 12, Sat/10, 8 pm. Tickets \$5 in advance at Ticketron and BASS/\$6 at the door.

High Country at Freight and Salvage, 1827 San Pablo, Berk., Sat/10, 9:30.

Eddie Money and Mile Hiperform at Long-branch, 2504 San Pablo, Berk., Fri/9-Sat/10.

Opera Scenes for Chamber Opera Ensemble benefit, Community Music Center, 544 Capp, SF, Sun/11, 8 pm, \$2.

Minnie, from the Can-Do, is in the Back Room of the Off Plaza, 1751 Fulton, SF Starting Sun/11. Also boogie with The Burners, \$1 admission, 4 pm-midnight. Must be 21.

Free Outdoor concert and boogie with Salsa de Berkeley, 11 am to dark, 1638 Russell/McGee, Berk.

Society for the Preservation and encouragement of Barber Shop Quartet Singing in America Massed Sing—a lot of title and a lot of people will be in Union Square, Geary/Powell, SF, Fri/9, 12 noon. Free.

Free concerts in the park in the sun or under shady trees, as you like it, by the Oakland Municipal Band, 2:30 pm, every Sunday thru mid-September at the Lakeside Park bandstand, Lake Merritt, Oakl. AC Transit bus lines 12, 18 and "B" all stop regularly at the nearby corner of Grand Avenue and Park View Terrace.

The Moonlighters and Billy G. Farlow, Inn of the Beginning, Cotati, Fri/9-Sat/10, \$2.

Baroque Chamber Music: works by Vivaldi, J.S. Bach and Telemann. Palo Alto Twilight Concerts, Jordan Junior High Amphitheatre, Middlefield/California, Palo Alto, Sun/11, \$2/\$50e under 19.

Music for trumpet, organ and piano will be performed at Old First Center for the Arts, Sacramento/Van Ness, SF, Fri/16, 9 pm, \$1.50.

The Chameleon; Hot renditions of old classics: Terr Geoghegan, guitar and Laurie Stiers, vocals. The Network Coffee House, 1036 Bush, SF, Fri, July 9, 8 pm, \$1.

Bob Frank and the Hardheads at La Salamandra, 2516 Telegraph, Berk., Sun/11.

Jules Broussard performs at Old Waldorf, California/Divisadero, SF, Sun/11, 2:30-7 pm.

Sean Nog Irish Folk Music Quartet, The Plough and the Stars Pub, 116 Clement, SF, Sat/10.

Malvina Reynolds. The Great American Music Hall, 859 O'Farrell, SF, 885-0750, Fri/9.

Theatre of Musicke will present music of The Renaissance and Baroque on the "Open Theater Series" at the Live Oak Theater, 1301 Shattuck, Berk., Sun/11, 8:15 pm, donation.

Manhattan String Quartet will hold a concert at the University of California Berkeley on Sun/11 at 8 pm in Hertz Hall. The program will include works by Hayden, Bartok and Brahms. Tickets are \$4 general/\$2.50 students.

Sasha and Yuri (Underground Russian rock group), Old Waldorf, California at Divisadero, July 9-10, 921-3050.

David Garthwaite Band will be at The Ordinary, 401h/Manila, Oakl., Fri/9, 9:30 pm.

Yesterday & Today, Fri/9-Sat/10, Horton Buffalo, Sun/11, at Keystone, 2119 University, Berk., 9 pm, 841-9903.

Junior Walker and the All Stars, July 8-11, The Boarding House, 960 Bush, SF, tickets at BASS, 441-4333.

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22 TEM. @ 8:30	23 HAM. @ 8:30	24 TEM. @ 2:00 & 8:30



"Our Lady of Sonora," a sculpture by Michael Bradley at the Berkeley Art Center. See July 16.

RADIO WAVES

Friday, July 9

Bulldog Drummond. Plus "Lum and Abner." KSFO 560 AM, 8 pm.

Special Report: The 1976 Democratic National Convention. Pacifica's reporters analyze the candidates and issues. KPFA 94 FM, 8:45 pm.

Saturday, July 10

Parent Effectiveness Training on "Reactions," with Dr. Ron Leppke, KSFO 560 AM, 7:05 pm.

"Cocktail Party," a play by T.S. Eliot. Broadcast by Holy Names College. KSFO 560 AM, 10 pm.

Sabor y Saber: La Musica Latina complemented with poetry, history and culture. KPFA 94 FM, 6 pm.

Sunday, July 11

Sunday at the Opera: The Marriage of Figaro by Mozart. KQED 88.5 FM, 11 am.

Alan Watts: "The Joker, Part 4." KSAN 95 FM, 7 am.

"Human Intelligence: what is it, where does it come from?" will be discussed with author Jack Fincher. KJAZ 93 FM, 9 pm.

Monday, July 12

Educational Exchange: "The Ignored Gift." Dr. James Olivero of Nueve Day School talks about specific problems in teaching gifted children. KQED 88.5 FM, 9 pm.

The Shadow: "The Green Man." Plus Lum and Abner. KSFO 560 AM, 8 pm.

Philadelphia Orchestra with Bernstein's *Candide* Overture, Copland's *Appalachian Spring* Suite. Rodeo excerpts. KKHI 1550 AM/95.7 FM, 8 pm.

Tuesday, July 13

Folk Festival USA: National Guitar Flat-picking Festival (Part II). KQED 88.5 FM, 8 pm.

Fibber McGee and Molly. Plus Lum and Abner. KSFO 560 AM/95.7 FM, 8 pm.

Boston Symphony Broadcast. Hayden's *Symphony in B-flat*, Ravel's *Le Trombeau de Couperin*, Richard Strauss *Ein Heldenleben*. KKHI 1550 AM/95.7 FM, 8 pm.

Wednesday, July 14

Loving and Free: Natural foods as a way of life. New perspectives on our eating habits. KQED 88.5 FM, 8:30 pm.

X Minus One. A humorous sci-fi story about robots. KSFO 560 AM, 8 pm.

Third World News. Reports on local, national and international events. KPFA 94 FM, 6:30 pm.

Thursday, July 15

Music of America: A Bluegrass Hornbook with Jimmie Rodgers and the Carter Family. KQED 88.5 FM, 2:30 pm.

The Great Gildersleeve. Plus Lum and Abner. KSFO 560 AM, 8 pm.

Classical Selections. Mozart's *Violin Concerto in D*, Prokofiev's *Piano Sonata No. 2 in D minor*, Zeller's *"Der Vogelhaendler."* KKHI 1550 AM/95.7 FM, 8 pm.

GAY

Rap Groups: Monday: Gay men's drop-in rap 7:30 pm (weekly). Tuesday: Bisexual men and women's drop-in rap, 7:30 pm (weekly). The Pacific Center for Human Growth, 2329 San Pablo, Berk., 841-6224.

"The Gay Voter Coming of Age in 1976," a talk by George Raya, a well known gay lobbyist in Sacramento. Fri/9, 7:30 pm, Fireside Room, Unitarian Church, Franklin/Geary, SF.

"Intimations of Whitman" by David Lee. Kincaid Room, Unitarian Church, Franklin/Geary, SF, Sun/11, 10 am.

KIDSTUFF

"Journey to the Farallones," a photographic essay in color on the wildlife of our offshore islands. SF Zoo, Sloat/Skyline, SF, daily 11-4 pm, phone 661-2023.

Soccer clinics which stress fundamentals will be held Tuesdays, July 13 and 20, at the Helen Wills Playground, Broadway/Larkin, SF; Wednesdays, July 14 and 21, at the St. Mary's Recreation Center, Justin Drive/Murray, SF; Thursdays, July 15 and 22, at West Sunset Playground, 39th/Ortega, St. and Fridays, July 16 and 23 at Folsom Playground, 21st/Folsom, SF. For information call 558-3543.

Summer Day Camp, Session II, at the SF Jewish Community Center begins July 12. For further details call 346-6040.

Hula Hoop and Frisbee tournaments, Sunset Recreation Center, 28th/Lawton, SF, Fri/9, 1:30 pm. Free.

Exploratorium Summer Classes will utilize exploratorium labs and include many field trips. The classes will take place between July 20th and 29th. Registration deadline is July 16th. For a description of classes, send a stamped, self-addressed envelope to the Exploratorium requesting a free class brochure, 3601 Lyon St., SF, 94123.

Children's workshop to help neurologically handicapped youngsters, 12 and under, gain self-confidence and improve motor skills will begin July 12, 1-3 pm at Bret Harte Junior High School, 2874 Florida Oaks, 848-3126.

A new class for persons six to 16 years has been announced by the Drama and Dance Division of SF Recreation and Parks Department. Classes meet 3 pm Wednesdays at the Eureka Valley Recreation Center, Collingwood/18th, SF. Can be reached by 8 Market Muni bus. Phone 664-2341.

"Dark Doings in the Corral," a play by the Children's Repertory Company is scheduled for Tuesday/13, 2 pm, Eureka Valley Recreation Center, Collingwood/18th, SF.

Tiny Tots Program of crafts, games, storytelling, dance and singing at Oakland's F.M. Smith Recreation Center, 1969 Park, \$2. Phone 457-4639.

Summer Playground Program. A free six-week program for children aged 6-12. For more information call S.F.U.S.D. Recreation Department—Joseph Gaggero, 586-3318.

Summer Art School. The Chinese Culture Foundation is offering classes in crafts, dance and calligraphy for children ages 7-14 on Tuesday thru Friday, 2-4 pm beginning July 13-August 27. Scholarships are available. Call 986-1822 for registration and information.

CLUBS

SAN FRANCISCO

Omnibus: Ascension, Fri/9; Speak Easy, Sat/10; Jazz Jam; afternoon Sun/11; Mike Wilhelm Mon/12; Rogers and Burgin, Tues/13; Ascension, Wed/14; Rough Edges, Thurs/15; 1821 Haight, 752-7338.

Shady Grove: Jerry Corbett and His Band, Fri/9; Duck's Breath Mystery Theater, Sat/10; Sleepy Creek Skunk Band, Sun/11, 3-7 pm; Films, Mon/12; Holy Modal Rounders, Tues/13-Wed/14; Road Hog, Thurs/15; 1538 Haight, 626-4143.

Great American Music Hall: Malvina Reynolds, Fri/9; Norman Connors, Sat/10-Sun/11; 859 O'Farrell, 885-0750.

The Plough and the Stars Irish Pub: Sean Nog Irish Folk Music Quartet, Sat/10; Carl Preiss, Mon/12; Beach Boy Barn Dance Band, Tues/15; 116 Clement.

The Boarding House: Martin Mull, Tues/13-Thurs/15; 960 Bush, 441-4333.

The Reunion: Jack Sheldon, Fri/9-Sat/10; Viva Brazil, 3:30-7:30 pm, Mira Sol, 9 pm, Sun/11; Bennett Friedman Big Band, Mon/12; Salsa de Berkeley, Tues, 13; Viva Brazil, Wed/14; Life is Color, Thurs/15; 1823 Union, 346-3248.

The Other: Steve Seskin, Fri/9, I-You, Sat/10-Sun/11; 100 Carl, 681-0748.

NORTH-SOUTH

Inn of the Beginning: The Moonlighters, Fri/9-Sat/10; Free Folk, Sun/11; Mel Ellison Quartet, Mon/12; Oasis, Wed/14; The Runners, Thurs/15; Cotati, 795-9955.

The Brewery: Steve Martin, Mon/12-Tues/13; Rick Nelson and The Stone Canyon Band, Thurs/15; 29 N. San Pedro, San Jose.

Miramar: Grayson Street, Fri/9-Sat/10; Chelsea, Sun/11; Houck and Scott, Jr. Walker and the All Stars, Mon/12-Wed/14; Geanie Stout, Thurs/15; Coast Highway, Miramar.

EAST BAY

West Dakota: Obeah, Fri/9; Joe Henderson, Sat/10; Little Roger and the Goosebumps, Sun/11; to be announced; Mahatma, Tues/13; Muscarella, Wed/14; Grayson Street, Thurs/15; 1505 San Pablo, 526-0950.

Longbranch: Eddy Money, Fri/9-Sat/10; T.B.A., Sun/11; Main Drive, Mon/12; Eddy Money, Thurs/15; 2504 San Pablo, 843-3293.

Freight and Salvage: Lawrence Hammond and the Whiplash Band, Fri/9; High Country Sat/10; Closed Sun-Mon.; Hoot, Tues/13; Oak, Ash and Thorn, Wed/14; Genny Haley, Thurs/15; 1827 San Pablo, Berk., 548-1761.

La Salamandra: Gregory James Trio, Fri/9; Bay Area Comedy Troupe, Sat/10; Bob Frank and the Hard Heads, Sun/11; Keith Abbot and Marie Gilman, Mon/12; Group Therapy Seminar, Tues/13; Disco, Wed/14-Thurs/15, 2516 Telegraph, 841-9070.

Keystone: Yesterday and Today, Fri/9-Sat/10; Horton Buffalo, Sun/11; John Turk, Mon/12; Willie and the Wild Bunch, Thurs/15; 2119 University, 841-9903.

Cafe Valerian: Lost Ridge, Sat/10; Richard Drueding, Tues/13; Lawrence Hammond, Wed/14; Dale Miller, Thurs/15; 4218 Piedmont, Oakl, 654-6321.

GUARDIAN CLASSIFIEDS

LEGAL NOTICES

FOR INFORMATION ON PLACING LEGAL NOTICES — SF only

The Bay Guardian was adjudicated a newspaper of general circulation in San Francisco County on November 5, 1975, and can now publish your legal notices. Call Steve at 824-2506 for charter rates and information.

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19461

The following persons are doing business as: A MUSE, 2120 Larkin Street, -201, San Francisco, CA 94109.

Janet Phillips, 2120 Larkin St. -201, San Francisco, CA 94109.

Gwen Phillips, 2037 Hyde Street -2, San Francisco, CA 94109.

This business is conducted by an unincorporated association other than a partnership. Signed Janet Lee Phillips.

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk F. Melaneph on June 25, 1976.

Pub Dates: July 8, 15, 22, 29, 1976.

B-70626

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19455

The following persons are doing business as: SAN FRANCISCO BRIDGE COMPANY, 311 California Street, San Francisco, CA.

Unico Enterprises, Inc. (Delaware) 311 California Street, San Francisco, CA.

Joseph Arthur King, President, 880 Camino Del Mar, San Francisco, CA.

This business is conducted by a corporation. Signed Unico Enterprises, Inc. Joseph A. King, President.

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk F. Melaneph on June 25, 1976.

Pub Dates: July 8, 15, 22, 29, 1976.

B-70625

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19514

The following person is doing business as: NOIR ENAMELCRAFT/NOIR GALLERY/NOIR WORKSHOP, 22 Isis Street, San Francisco, CA 94103.

Lorelee Vigne, 22 Isis Street, San Francisco, CA 94103.

This business is conducted by an individual. Signed Lorelee Vigne.

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk F. Melaneph on June 30, 1976.

Pub Dates: July 8, 15, 22, 29, 1976.

B-70651

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19474

The following person is doing business as: GROG, 674 Douglass Street, San Francisco, CA 94114.

Gerald J. Ververka, 674 Douglass Street, San Francisco, CA 94114.

This business is conducted by an individual. Signed Gerald J. Ververka.

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk F. Melaneph on June 28, 1976.

Pub Dates: July 8, 15, 22, 29, 1976.

B-70649

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19504

The following person is doing business as: BELEROPHON BOOKS, 133 Stuart St., San Francisco, CA 94105.

Ellen Knill, separately, 2320 Broadway, San Francisco, CA 94105.

This business is conducted separately by an individual. Signed Ellen Knill.

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk F. Melaneph on June 29, 1976.

Pub Dates: July 8, 15, 22, 29, 1976.

B-70653

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19546

The following persons are doing business as: DELLEN PUBLISHING COMPANY, 1441 Van Ness Ave., San Francisco, CA 94109.

Donald E. Dellen, 1232 Sutter St., San Francisco, CA 94109.

Dividend Industries, 3600 Pruneridge Ave., San Jose, CA.

This business is conducted by a limited partnership. Signed Donald E. Dellen.

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk P.W. Murphy on July 2, 1976.

Pub Dates: July 8, 15, 22, 29, 1976.

B-70652

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19176

The following persons are doing business as: STAR PINE REALTY INVESTMENT GROUP at 146 Henry Street, San Francisco, CA 94114.

Jan O. Werner, 152 Henry Street, San Francisco, CA 94114.

Erazm R. Pochron, 945 14th Street, San Francisco, CA 94114.

Clemens P. Work, 146 Henry Street, San Francisco, CA 94114.

A. Laurence Foy, 152 Henry Street, San Francisco, CA 94114.

Seela Lewis, 152 Henry Street, San Francisco, CA 94114.

Suzy M. A. Pochron, 945 14th Street, San Francisco, CA 94114.

Ryszard V. Pochron, 945 14th Street, San Francisco, CA 94114.

Tanya L. Work, 146 Henry Street, San Francisco, CA 94114.

Ellen T. Work, 6980 Dume Drive, Malibu, CA 90265.

This business is conducted by a general partnership. Signed Clemens P. Work.

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 3, 1976.

Pub. Dates: June 10, 17, 24, July 1, 1976.

B-70516

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19486

The following person is doing business as: COLYA PUBLICATIONS, 58 Perine Place, San Francisco, CA 94115.

Nicholas McLlraith, 58 Perine Place, San Francisco, CA 94115.

This business is conducted by an individual. Signed Nicholas McLlraith.

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 29, 1976.

Pub Dates: July 8, 15, 22, 29, 1976.

B-70650

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19433

The following persons are doing business as: DESIGN CENTRAL, 14 Spear St. San Francisco, CA 94105.

Robert A. Chodak, 100 Broderick #606 St. Ca 94117.

Peter L. Taylor, 858 Lombard, SF Ca.

This business is conducted by limited partnership. Signed Robert A. Chodak.

Peter Taylor.

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 24, 1976.

Pub. Dates: July 1, 8, 15, 22, 1976.

B-70614

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19460

The following person is doing business as: BOUNTY HUNTER, 795 Pine, Suite 42, San Francisco, CA 94108.

Thomas M. Orman, 795 Pine, Suite 42, San Francisco, CA 94108.

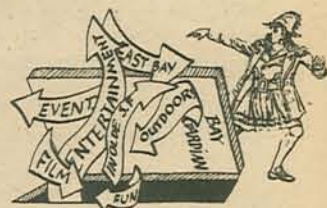
This business is conducted by an individual. Signed Thomas M. Orman.

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk F. Melaneph on June 25, 1976.

Pub Dates: July 8, 15, 22, 29, 1976.

B-70627

The Bay Area?



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In Propria Persona

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

No. 708-273

IN THE SUPERIOR COURT OF THE STATE OF CALIFORNIA IN AND FOR THE CITY AND COUNTY OF SAN FRANCISCO

In the Matter of the Application of JOSEPH FLOYD KEY for Change of Name.

In the Matter of the Application of JOSEPH FLOYD KEY for Change of Name.

The application of JOSEPH FLOYD KEY for change of name, having been filed in Court and it appearing from said application that JOSEPH FLOYD KEY has filed an application proposing that his name be changed to JOSEPH CHRISTOPHER MCKEY.

Now, therefore, it is hereby ordered and directed that all persons interested in said matter do appear before this Court in Department 1 on the 10th day of August, 1976 at 9 o'clock A.M. of said day to show cause why the application for change of name should not be granted.

It is further ordered that a copy of this Order be published in the SAN FRANCISCO BAY GUARDIAN, a newspaper of general circulation, printed in said county, at least once each week for four successive weeks prior to the day of said hearing.

Dated this 23rd day of June, 1976.
ROBERT J. DREWES
Judge of said Superior Court

Pub. Dates: July 8, 15, 22, 29, 1976.

B-70647

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19409

The following person is doing business as: MISTER ESCORT, 1800 Market St. #105, SF CA 94102. Domenic F. D'Ortenzio, 250 Fell St. #57, SF, CA 94102.

This business is conducted by an individual. Signed Domenic F. D'Ortenzio

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 22, 1976.

Pub Dates: July 1, 8, 15, 22, 1976.

B-70613

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19095

The following person is doing business as: YOSHIDA'S PICTURE FRAMING II at 85 1st Street, San Francisco, CA 94105.

Haruo Kurata, 713 St. Lawrence Court, Pacifica, CA 94044.

This business is conducted by an individual. Signed Haruo Kurata

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on May 27, 1976.

Pub. Dates: June 10, 17, 24, July 1, 1976.

B-70506

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19356

The following person is doing business as: PLASTER-CRAFTS OF SAN FRANCISCO, 158 11th St. San Francisco, CA 94103.

Allen Lester Erickson, 136 Stillings Avenue, San Francisco CA 94131.

This business is conducted by an individual. Signed Allen L. Erickson

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 16, 1976.

Pub Dates: June 24, July 1, 8, 15, 1976.

B-70577

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19262

The following person is doing business as: GALAXY TRADING CO. at 524 Union Street, San Francisco, CA.

Robin Rose Marie Brennan, 626 Pine Street Apt. 35, San Francisco, CA 94103.

Signed Robin Rose Marie Brennan

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 9, 1976.

Pub. Dates: June 17, 24, July 1, 8, 1976.

B-70542

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19312

The following person is doing business as: HARVEST MOON, 339 Judah St. San Francisco CA 94122.

Marta Silvia Solotar, 1247 8th Ave., San Francisco, CA 94122.

This business is being conducted by an individual. Signed Marta Silvia Solotar

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 14, 1976.

Pub Dates: June 24, July 1, 8, 15, 1976.

B-70572

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19302

The following persons are doing business as: ALL THIS PLUS 482 Alvarado St., SF CA 94114.

Jerry Dinerstein, 482 Alvarado St., SF CA 94114.

Sandy Sholder, 482 Alvarado St., SF, CA 94114.

This business is conducted by general partnership. Signed Jerry Dinerstein

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 11, 1976.

Pub Dates: June 24, July 1, 8, 15, 1976.

B-70573

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19331

The following person is doing business as: EYE LOVE PHOTOGRAPHS, LITTLE WONDER DAZZLE COMPANY, 7 Casa Way, SF CA 94123.

Dennis Briskin, 7 Casa Way, SF CA 94123.

This business is conducted by an individual. Signed Dennis Briskin

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 15, 1976.

Pub Dates: June 24, July 1, 8, 15, 1976.

B-70576

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19330

The following person is doing business as: THE THUMBSTACK BUGLE, H.B. ROCK, MANHUNT JOB FILLERS, THE GREAT AMERICAN NOVEL COMPANY 495 3rd Avenue #8, San Francisco, CA 94118.

Richard Hurn French, 495 3rd Ave. #8, San Francisco, CA 94118.

This business is conducted by an individual. Signed Richard French

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 15, 1976.

Pub Dates: June 24, July 1, 8, 15, 1976.

B-70575

FICTITIOUS BUSINESS NAME STATEMENT

File No. 18602

The following persons are doing business as: PAMBILI BOOKS at 1056 14th St., #5, San Francisco, CA 94114.

Michele Seville Smith, 1056 14th St., #5, San Francisco, CA 94114

Doris L. Asantena, 90 Apollo St., San Francisco, CA.

This business is conducted by a general partnership.

Signed Michele S. Smith

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on April 21, 1976.

Pub. Dates: June 10, 17, 24, July 1, 1976.

B-70246

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19216

The following persons are doing business as: BLUE HORIZON MAINTENANCE at 2243 45th Avenue, San Francisco, CA 94116.

Kyle Kaulani Ching, 2243 45th Avenue, San Francisco, CA 94116.

Paul G. Breining, 166 Country Club Drive, #16, South San Francisco, CA 94080.

This business is conducted by a general partnership.

Signed Kyle Kaulani Ching
Paul G. Breining

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 7, 1976.

Pub Dates: June 17, 24, July 1, 8, 1976.

B-70540

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19233

The following persons are doing business as: MERRY MILK PEOPLE at 3030 20th Street, San Francisco, CA 94110.

Susan Brier, 142-A Cortland Avenue, San Francisco, CA 94110.

Carl Lundgren, 148 Beulah, San Francisco, CA 94117.

Vicki Jacobs, 24th Street, San Francisco, CA.

Charlie Adams, Clayton, San Francisco, CA 94117.

This business is conducted by a general partnership.

Signed Susan Brier

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 8, 1976.

Pub. Dates: June 17, 24, July 1, 8, 1976.

B-70539

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19333

The following persons are doing business as: ABCOPY, 1338 Mission Street, SF CA 94103.

Donald Foster Wild, 1482 35th Ave, San Francisco, CA.

Richard Paul Paige, 71 Brosnan Street, San Francisco, CA 94103.

This business is conducted by a general partnership.

Signed Richard Paul Paige

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 15, 1976.

Pub Dates: June 24, July 1, 8, 15, 1976.

B-70579

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19288

The following persons are doing business as: DISCO LADY RECORDS at 5299 Third Street, San Francisco, CA 94124.

Brenda A. McArthur, 165 Burnside, San Francisco, CA 94131.

Jerry N. Puckett, 165 Burnside, San Francisco, CA 94131.

Signed Brenda A. McArthur

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 11, 1976.

Pub. Dates: June 17, 24, July 1, 8, 1976.

B-70541

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19355

The following persons are doing business as: CANDAN PRODUCTIONS, 1700 Mason Street, SF, CA 94133.

John D. Contu, 1700 Mason St., SF, CA 94133.

Patricia Daniels, 1700 Mason St., SF CA 94133.

This business is conducted by general partnership.

Signed John D. Contu

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 16, 1976.

Pub Dates: June 24, July 1, 8, 15, 1976.

B-70578

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19241

The following person is doing business as: NICK'S IMPORTED AUTO SERVICE at 80 Welsh Street, San Francisco, CA.

Nikolaus Foellmer, 80 Welsh Street, San Francisco, CA.

This business is conducted by an individual.

Signed Nikolaus Foellmer

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 8, 1976.

Pub. Dates: June 17, 24, July 1, 8, 1976.

B-70538

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19134

The following person is doing business as: JESSICA STONE'S SANDWICH SHOP at 57 Jessie Street, San Francisco, CA 94105.

Harold G. Freedman, 2825 Pine Street, San Francisco, CA 94115.

This business is conducted by an individual.

Signed Harold G. Freedman

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 1, 1976.

Pub. Dates: June 10, 17, 24, July 1, 1976.

B-70503

In Propria Persona

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

No. 707-418

IN THE SUPERIOR COURT OF THE STATE OF CALIFORNIA IN AND FOR THE CITY AND COUNTY OF SAN FRANCISCO.

In the Matter of the Application of BONNIE LEE BOBO for Change of Name.

The application of BONNIE LEE BOBO for change of name, having been filed in Court, and it appearing from said application that BONNIE LEE BOBO has filed an application proposing that her name be changed to BONNIE LEE BEAUBOIS.

Now, therefore, it is hereby ordered and directed, that all persons interested in said matter do appear before this Court in Department 1 on the 22nd day of July, 1976 at 9 o'clock A.M., of said day to show cause why the application for change of name should not be granted.

It is further ordered that a copy of this Order be published in the SAN FRANCISCO BAY GUARDIAN, a newspaper of general circulation, printed in said county, at least once each week for four successive weeks prior to the day of said hearing.

Dated this 9th day of June, 1976.

ROBERT J. DREWES
Judge of said Superior Court

Pub. Dates: June 17, 24, July 1, 8, 1976.

B-70543

FICTITIOUS BUSINESS NAME STATEMENT

File No. 19316

The following persons are doing business as: ESTATE V PROPERTIES 2154 Broderick Street, San Francisco, CA 94115.

Robert L. Littell (General partner) 3340 Washington St., SF CA.

Joyce V. Littell (General partner) 3340 Washington St., SF CA.

Anne Breckenridge (Limited partner) 1580 Jackson St., SF CA 94109.

This business is conducted by limited partnership. Signed Anne Breckenridge

This statement was filed with Carl M. Olsen, the County Clerk of the City and County of San Francisco, California by clerk Richard F. Metter on June 14, 1976.

Pub Dates: June 24, July 1, 8, 15, 1976.

B-70574

ARTS & ANTIQUES

Neon signs-designs, transformer included, PO Box 514, Colma, Ca 94014.

French Doors, used. We gotta lotta. Lotta sizes and styles. 845-4751.

Brass and china Victorian plumbing fixtures. Marble and pedestal sinks. Clawfoot tubs, brass and china showerheads. Warm wooden toilet seats and strange toilets. 845-4751.

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In Downtown San Francisco - AUTO PARTS, FOREIGN AND DOMESTIC - Top Brands - Low Prices at Kray's - 160 7th Street - 621-3311.

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\$24.00 — Labor, Points, Condenser, Plugs for most four-cylinder cars. 80 Welsh Street, SF, near 4th, and Bryant. Call 495-0669.

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For sale — Lincoln Continental '66, 23,000 miles. Excellent condition, one owner, best offer 752-2179.

Datsun, '74-710, immaculate. Michelin radials, 2m/fm, 4 speed. Must see — 28 MPG, 687-8508.

Have I got a deal for you! '61 Bright Ford Falcon Ranchero with camper-cover — gets good gas mileage and it even has a radio — if you're interested call Georgia at 332-6706 or 824-7660.

CAR BUYERS

ANY NEW CAR...\$125 ABOVE DEALERS ACTUAL COST. Send name, phone number and \$8.50 to: AUTO PRICING, INC., 2219 Ortega St., SF 94122. No obligation — just information. Money Back Guarantee

'55 Chevy Belair for sale. Auto. trans. Good running condition, dependable. \$350, 221-3016.

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BOOKS & PUBLICATIONS

SF Women's Center/Switchboard Library open to women 10 am-10 pm daily. Have books, periodicals and resource books by and for women. Call us at 434-1414 for info or books to donate.

CHEAPOPOS

The Guardian Cheapops are a mini-bargain basement of items FOR SALE or WANTED. You can place a CHEAPO for \$2 (Ads must be a maximum of 10 words, must be private party ads, items wanted or for sale must be \$50 or less and the price must appear in the ad. **ADS FOR FREE ITEMS WILL BE RUN FREE!** You must say it's free in the ad.) Send to **GUARDIAN CHEAPOPOS, GUARDIAN BUILDING, 2700-19th St., SF, CA 94110.**

Free firewood and scrap lumber. Call 707-644-5995 days, 843-7368 eves.

30-Gal. operating aquarium w/all accessories. \$50.00 firm 673-7016.

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Full-time creative, stimulating program for ages 3½-6. Experienced teachers. 648-1720



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I need 4 women for my growing business. Call Ann-Marie 826-2202.

NEW BABY PLUS

Assorted household need Earth Mother House-keeper Room, board, small salary. Flexibility paramount. Will consider couple. Knowledge Mandarin helpful. 861-8450.

FIND A JOB YOU ENJOY!

Seminars, individual counseling, Resumes. Call for no-cost interview.

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San Francisco (415) 929-8150 or 929-8161.
Recognized Career Experts

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Expanding G.P. seeks qualified, preferably certified persons for these positions. Mellow office. Fair salary with regular advancement. Practice oriented toward holistic care for gay males. Reply Guardian Box 10-38-H.

SPECIAL FEMALE wanted to photograph for Penthouse Gallery. Up to \$100/hr. Rich, weekdays 788-0593



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Young (22), intelligent, conscientious person looking for full or part time, working/learning position in graphic arts. Call Frank 775-7035.

Nationally photographed bodybuilder, internationally published fiction writer, bilingual, imaginative and innovative, 28, as assistant to lady traveler. Only serious call Jerry, 776-8148.

Nurse, Licensed vocational outgoing, with 5 yrs. Exp. in Med., in Office Relief, Clinic or private Duty. Exc. Ref. Cur. CA, Lic. Call Anne, 681-7925

ENTERTAINMENT BILLBOARD

MIDDLE-EASTERN PARTY

Show with exotic bellydancers, entertaining by Pancho Poormand, July weekends — 10th, 11th, 17th, 18th, 24th, 25th. 8:30 p.m. \$2 donation. At The Intersection, 756 Union.

FOOD

ENTELECHY — VITAMIN C

Get a little package in the mail. SAVE by mail order. 250 tabs, 500 mg. — ONLY \$3.15. Check or money order to:

BILL HANLEY
940 Union St. #5
SF/Cal. 94133

GARAGE SALE

Great garden sale. Unusual plants, planters and cheap pots. July 10th & 11th. 10 to 4 pm. 289 Nevada off Cortland.

GROUPS

DREAM WORKSHOP

A Jungian Approach

The creative aspect of the workshop will include dreamwork, painting, poetry, writing and other creative forms of expression which will enable us to activate our imaginations as well as become more in touch with the nature of the unconscious. Sessions starting Mon. eve., July 12, 7-9:30 pm; July 14, Wed. eve., 7-9:30 pm at the SF Jewish Community Center, 3200 California St. Call 346-6040 or 567-8921 (home).

TOGETHER AND FREE DISCUSSION GROUPS

Together and Free is a new discussion group, focusing on communication between men and women within a social environment stressing support and honesty. The group is primarily a social gathering. Meets every Friday evening. Public: \$2.50. Students: \$2. Topics for discussion: Friday evening, 7:30 pm July 9 — "Assertiveness vs. Fear of Intimacy in a Male-Female Relationship." How do we initiate a relationship? Lecture: Sensory awareness and sexual intimacy. Single events, Tuesday evening, 8 pm. Lecture: Tarot as a system for self-development. The California Club of California, 1750 Clay St. at Van Ness, SF 94109. 563-3874

AWARENESS PROGRAM

EVERY MONDAY 4-8 PM AT 1791 UNION ST., SF

FEE: \$4 EACH VISIT AT THE DOOR

GESTALT FESTIVAL 1976

MAY, JUNE, JULY

July 16-July 20, 1976, P.O. Box 1039 P

July 23-27, 1976, P.O. Box 1039 P

UNITARIAN CHURCH, FRANKLIN/GEARY, SF

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(415) 776-4500

WOMEN'S ENVIRONMENT AWARENESS WEEKEND

USE SENSES. LEARN CAMP SKILLS. COOP TIPI lvg. beautiful setting, fun! July, Aug. \$40 (food incl'd) Nancy Rhoda teacher, camper, amateur naturalist 548-0759.

WOMEN! HOW TO MEET MEN

Learn non-threatening, successful, self-actualizing meeting skills. Gain confidence. Cope with rejection. Previously shy, instructors will share feelings, assertiveness training, provide support. Judy Smith and Jim Spillane, Saturday July 17, 9-5 pm. Call Judy 776-5036, 6-10 pm.

WHAT'S HAPPENING

to find out what's happening this week in the Bay Area personal growth programs, seminars, films, and events, etc., call the

COMMON GROUND TELEPHONE CALENDAR

24 hrs. ph. 922-5300.

HEALING OURSELVES WORKSHOP

July 30-Aug. 5 classes and celebration on a beautiful ranch in the Russian River area. 1½ hours north of S.F. — Redwoods, Sweat lodge, showers and vegetarian meals provided. Bioenergetics, feminist therapy, vipassana meditation, dance jam, herbology, polarity massage, yoga and diet. The cost is \$35 for the weekends and \$90 for the whole week. For brochure call 841-6500 and leave your name and address.

All Day Active Imagination

Workshop: A Jungian Approach

The creative aspect of the workshop will include archetypal material, masks, drawings, poetry, collages and the use of mandalas. Sunday, July 11, 10 am-4:30 pm, at the SF Jewish Community Center. Call 346-6040 or 567-8921 (home).

SELF WORTH SEMINARS

For men and women who are expanding their consciousness of self. Respecting, forgiving, affirming and loving. Evenings include centering, learning and sharing. Molly Willett, MA, Humanist Psychologist and author of THE SELF CONNECTION. SF and Marin. \$5, phone 388-3692.

MASSAGE

WEEKEND WORKSHOP IN THE SANTA CRUZ MOUNTAINS

July 23-25 — August 13-15

Relax in the redwoods and enjoy a weekend learning the gentle art of massage at a secluded mountain retreat complete with pool, sauna, volleyball and hiking trails just 1½ hours from San Francisco. Weekend includes food, lodging and instruction by certified massage staff.

Total cost - \$45

A GUILD for GROWTH Presentation
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No prior experience in dance necessary. Two-hour groups designed to expand your capacity for self-expression, spontaneity, creativity, and relating to others. Time divided between movement sharing, discussion and video tape replay. Med-Cal acceptable. San Francisco Dance-Movement Therapy Center, P.O. Box 15206, SF, CA 94115. 655-3590 (Medical) 989-8802 (Non-Medical).

SINGLE DIMENSIONS

Canoë Camping, Hot Springs, 6/19-20; Sailing Party, 6/27, 7/31; South Tahoe Weekend, 7/16-18; Information: 825-7024, 431-7686.

DIVORCE SUPPORT GROUPS

Gestalt awareness. Work, deal with loneliness, new lifestyles. Call Sandy McCulloch, 526-3322, 4-7 pm.

DOORS TO AWARENESS

Friday nights, 8 pm, \$3. An alternative meeting place for singles. First Unitarian Church, Franklin at Geary, SF.

GROUP WORKSHOPS

MAKING CONTACT

One-day workshop on EXPLORING INTIMATE BEHAVIOR with Rene Tehista and Mary Dempcey. July 17 in Bolinas. Information: 922-6484.

HEALING OURSELVES WORKSHOP

July 30-Aug. 5 classes and celebration on a beautiful ranch in the Russian River area. 1½ hours north of S.F. — Redwoods, Sweat lodge, showers and vegetarian meals provided. Bioenergetics, feminist therapy, vipassana meditation, dance jam, herbology, polarity massage, yoga and diet. The cost is \$35 for the weekends and \$90 for the whole week. For brochure call 841-6500 and leave your name and address.

LIFE WORKS

When you handle anger, sex, love, relationships. Free open house — Tuesday, July 13, 7:30 p.m. No 8 Charlton Court, San Francisco. 567-7766. Robert Cromey, Director.

MAKING CONTACT

COUPLES WORKSHOP. "Exploring Intimate Behavior" with Rene Tehista and Mary Dempcey. July 18 in Bolinas. Info: 922-6484.

SANTA CRUZ SUMMER HEALING RETREAT

July 24 & 25

herb walks, herbs, iridology, fasting, homeopathy, Bach flowers, acupuncture, polarity, etc. Teachers will include: Michael Tierra, Elrem Korngold, Harriet Beinfeld, Al Drucker, Bob Menzies, Rosemary Gladstar and many other well known California healers. Please send total fee of \$25 (non-refundable) payable to:

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2083 Ocean St. Ext. Santa Cruz, CA 95060. (408) 425-0597. Price includes food & camping facilities. Map and other information will be sent.

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Registrations now being accepted for weekend of July 23, 24, 25, at rustic mountain retreat. All methods fully demonstrated. Instruction, lodging, and delicious meals included in fee of \$35. Maximum enrollment of 45. Making Ways, 652-4403.

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RUGS, unclaimed, 9 x 12, \$9.95 and up. Supreme Rug Cleaners, 2931 Geary Blvd. 752-9300.

BEAUTIFUL FOLDING BEDS

Folds into couch, chair, cushion. Also Futon mats, Zafus, extra warm comforters. Comfortable compact furniture, folding and box wood frames.

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Original designs by Dennis Taylor on display at 541 Castro or phone 821-4161.

Magnavox console, black & white am/fm phonograph, \$150.00. couch w/ chair \$40.00, coffee table \$10.00, desk lamps \$5.00, washer/dryer \$100.00. Ph. 668-4025

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All mattress sizes in stock, 4" double — \$21.95. Sewing service, Cushions, Pads, Pillow Stuff

FREE CUTTING

Folding beds from \$49.95. Roll-up mats \$13.95. Call for price and advice, 10-6, Mon-Sat.
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Berkeley/Albany 1200 Solano Ave. 527-3626
San Anselmo 122 Tunstead 456-9363

INSTRUCTION

Wanted: Family to share home, culture w/student from France for 6 wks., beginning July 16. 653-4539

T'AI CHI CH'UAN

INNER RESEARCH INSTITUTE

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Earn some extra \$ distributing back issues—if you can get off on the sun and Bay Guardian. Strike conditions exist. Call Georgia Otterson at 824-7660.

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Grammar and literature. Ongoing classes and tutoring. Intensive Spanish for travelers. 681-8133.

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Workshops in herbs, skin and body, diet, female disorders and natural birth control. Rita Weinstein, 388-8776

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King Solomon's Half Off Spectacular!



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Offer good from July 1 to July 29, 1976. Applies to above categories ONLY. (Sorry, regular percentage discounts do not apply to this special offer. . . . How can you beat 50 % off anyway?)

UNIVERSAL LIFE CHURCH.
5 million members. Non-denominational. Ordination, \$10 donation; Honorary "D.D.", \$20; your own Church Charter, \$35. Universal Life Church, 4310 Sequoyah Road, Oakland, CA 94605, Bay Guardian Box 10-40-B.

W/M 34 6'2" 188 lbs. very good looking. Like to hear from Bi-Ladies who need a friend, and slave. P.O. 3518, Santa Rosa, CA 95404.

I'm looking for a sensitive, creative, unselfish, and intelligent man who has outgrown his search for the perfect orgasm and isn't afraid of making a commitment. I'm 5'2", slender, 20, and into being natural, enjoy music and the arts, loving God, laughing alot, the country spaces, and just digging life as it rolls along. I'm tired of physical encounters or sustained "unattached agreements" and would like to return to a firm, honest, growing type of relationship. I can care. Reply Guardian Box 10-40-C.

Personable but poor, single male, 34, seeks employee status in cohabitation contract with lady of means. Respond P.O. Box 6553, SF 94101.

Paradox of delightfully warm sensuality under demure presence. W/f, professional, happy with busy life. Seeking intelligent, sensitive male. Guardian Box 10-40-G.

Thoughtful, understanding man, 28, desires part-time nonpermanent relationship with practical, matter-of-fact woman, 23-35. Guardian Box 10-40-F.

Writer/student would like to meet a well-balanced mature woman who accepts her own intelligence but knows the value of human sensitivity. I am 25, enjoy books, talking, Tai Chi and music. Guardian Box 10-40-K.

Zany/brainy/fitness/fancies/hikertohooft/hillsw/early30'swantsw/mforSFwalksweekdayshourflexible.

Good looking, happy, communicative guy, recently divorced, interested in an open woman who isn't looking for marriage but who could appreciate sharing some time, space and emotion in an honest uncomplicated relationship. Box 13302, Oakland, 94661. I'm w/m and 32.

If you are a tall, refined, aware, finan. secure, musically inclined, mature, hip, white or black man under 38... this slightly plump, attractive black lady, 26, would love to meet you. 435 Hyde St., No. 1135, S.F. 94109.

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Distinguished, reputable camera seeks reproduction activities with local camera-ready copy. Our relationship may be long-term or one-shot. Calls concerning stats, reverses and halftones enthusiastically accepted. Discreet. Please call 824-7660. Don't leave me in the dark(room).

29, female, tall, attractive, ambitious, witty red-head — living in country due to love of environment, good administrative position seeks opportunities to meet attractive, bright professionals, with prospects of financial security. Romantic, traditional attitude about relationships. Write Bay Guardian Box 10-39-Q.

Male, 31, seeks bright helpmate, 18-28, to share rural lifestyle. I'm financially secure, into craftsmanship, real estate, motorcycling, and travel. Paul, P.O. Box 165, Sunol, Cal. 94586.

Man wants woman. English guy, tall, 30s (S.F.) plumber, and writer, enjoys mountain scenery, country walks, together evenings, beer and philosophy, would like to meet a lady to show some of the good times. Neville. Reply Guardian Box 10-39-W.

Wonderfully attractive couple (find out for yourself if we really are) is interested in finding a delightful young woman (17-35) who's open to new (or old) and marvelous experiences. Reply Guardian Box 10-40-E.

Woman, 26, teacher, I am an attractive woman, with a warm personality. Would like to meet a man 26-32 years, who is interested in developing a close relationship built on friendship and trust. Reply Guardian Box 10-39-S.

W/F, attractive, successful career woman, 38, tired of the singles scene, seeks caring relationship with successful W/M. Respond Guardian Box 10-37-J.

opportunity for adventure

is what I have this summer. Been invited to climbing expedition in Himalayas in August. Looking for generous sponsor. \$2500 for expenses. Will gladly share experiences and slides upon return. Guardian Box 10-36-C.

Attractive Oriental man seeks attractive, independent woman, 20's-early 30's for open relationship. Occupant, 1209 Sutter St., #2114, San Francisco 94109.

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Attractive woman, 48, seeks man — 45-60 — who is into hiking and walking, for friendship. Include phone number, East Bay and Marin County only. Write P.O. Box 9055, Berkeley 94709.

Considerate w/m, 27, eager to meet spirited woman, 40-55, for discreet, ecstasy oriented interchange in or near S.F. Guardian Box 10-40-D.

Calif. Black male minister, 40 yrs. old, 2 weeks in the Bay Area from Penn. Good companionship, good listener, good spiritual advisor, good understanding man, who loves the better things in life, financially secure. Desires to meet white female for friendship, fun, companionship and good talks, who love to enjoy a good life. Over 21, photo, phone number. Guardian Box 10-39-R.

Looking for counterpart? So is w/f 5'6" 115 highly feminine ethereal Aries with six fire signs. Desires strong masculine man to equal power with sensitive loving nature to resonate with gentleness. Fascinating paradox: responsive/receptive, direct/assertive, worldly/otherworldly, artistic, creative/business-like, practical, discriminating/open. Attractive, refined, loving, caring, romantic, sensuous, intelligent, conscious. Loves life, growing, experiencing pleasure, laughing, dancing, good restaurants, travel, candlelight, sunsets, beauty, nature, walks along the ocean, massage, meditation, sharing, giving/receiving love. Enjoys deep relationships with self/others. Successful, dedicated professional, open to a dynamic, mutually nurturing relationship with tall, handsome, sensitive, sensual, intelligent, open, aware, successful adventurer, w/m 38-45. To explore possibilities, write Guardian Box 10-39-A.

Scorpio male grad student, 29, seeks active, energetic, petite Pisces woman for the best of times. I am a warm, playful w/m non-smoker into health, tennis, flicks, music, awareness and fun. Box 111, 625 Post St., SF 94109.

Sometimes married w/m professional, 41, tall sense of humor, understanding, depressed with dullness, seeks warm w/f, almost any age, for non-exclusive honest relationship Guardian Box 10-39-D.

Attractive professor 36, sometimes enjoys playing Conan, sometimes experiences feminine moods. Much of the time, I am a stimulating pleasure to be around. I would like to meet a woman, a little on the wild side, on a friendship-first basis. POB 9333, Berkeley, CA 94709.

W/M, Ph.D., into sailboats, writing, old houses seeks attractive intelligent w/f, 25-35, children welcome, photograph? Guardian Box 10-39-C.

Prof Jewish f arrived from Boston seeks expressive, emotional prof male for friendship/relationship. Reply Guardian Box 10-39-B.

Gay w/m, 29, professional (work in Marin), reticent, diffident, easy-going, civilized, cynical outside romantic inside, attractive. Like reading, writing, movies, most music, opera, bridge, bars, social & dance only. Seek similar for friend. Write to 1209 Sutter #2125, S.F. 94109.

B.F. Skinner? We dig him. Mate and I seek to extend verbal community. Not a money trip. Reply Guardian Box 10-39-L.

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THE BACK PAGE

The spontaneous chef

Summer dinner salads

"If you can't stand the heat," Harry Truman is supposed to have remarked, "Stay out of the kitchen." Another way is to avoid cooking altogether by making summer dinners out of salad. Chef's salad can include any vegetables (cooked or raw), leftover meats, chicken or fish. Here is a basic recipe that can be adjusted or embellished upon, depending on the contents of your own refrigerator.

CHEF'S SALAD (serves 2-3)

Toss together:

- 1 head washed butter lettuce, torn into pieces
- 1 bunch washed raw spinach, stems removed
- 2 tablespoons parsley
- 2 tomatoes, chopped
- 1 cucumber, sliced (and peeled, if skin is treated or bitter)
- 3 chopped green onions, including tops
- ¼ lb. Fontina or Swiss cheese, grated (28 grams protein)
- ¼ cup sunflower seeds, raw (6 grams protein)
- 2-3 hardboiled eggs or any leftover protein food (24-36 grams protein)
- Any cooked leftovers vegetables such as peas, broccoli,

cauliflower, beans and such. Dress with vinaigrette dressing.

VINAIGRETTE DRESSING

Mix in a jar with a lid, using a fork to blend:

- 4 T lemon juice
- ½ cup oil
- ½ cup parsley
- 1 clove garlic, minced
- ½ teaspoon each: salt, pepper, paprika

Dressing often makes a salad something special. It can include the bulk of the protein if you are short on leftovers. Dressing can include yogurt, cottage or ricotta cheese, or tofu (soybean cheese). All contain substantial amounts of protein. Tofu is notable for its high protein content, low cost, low fat and ease of preparation. Here is a blue cheese dressing packed with protein and delicious on any salad (plain or fancy):

BLUE CHEESE DRESSING (WITH TOFU)

Combine in a quart jar and stir until well combined:

- 4 oz. pkg. blue cheese, crumbled (24 grams protein)
- 1 slice (4 oz.) from one-pound package of hard curd tofu, grated (9.7 grams)

- 1 cup mayonnaise (safflower is lowest in saturated fat)
- 1 cup sour cream or plain yogurt (8 grams)
- ½ teaspoon each salt and pepper
- 1 clove garlic, finely minced
- 1 teaspoon soy sauce

In addition to taking advantage of summer vegetables, the salad approach is especially suited to spontaneous cooking and works well with Chinese food. In a bowl, simply chop the salad ingredients in smaller than usual pieces, saute them, adding the traditional Chinese thickener (cornstarch, soy sauce and water). The protein in this dish can be leftover chicken, fish, pork, beef, liver or almost anything. Canned clams are a tasty substitute if there are no leftovers. For the uninitiated who may glance askance at the inclusion of lettuce as a cooked vegetable, rest assured that it is a common, if subtle, ingredient in many Chinese dishes. Devise your own imaginative concoctions, or prepare this tasty recipe as a test of the salad approach to dinner:

Combine in a bowl, then saute, stirring frequently, 4 minutes in 3 tablespoons hot oil:

- 1 small head loose-leaf lettuce, chopped fine (it wilts considerably)
- 1 clove garlic, finely minced
- 4 green onions chopped fine
- 3-5 radishes, thinly sliced
- 1 cup chopped raw mushrooms
- ½ cup celery, sliced
- ½ cup any fresh vegetable, chopped: peas, squash, beans, zucchini, green pepper

Mix well with a fork, then add to vegetables, stirring and cooking 3 more minutes:

- 1½ tablespoon cornstarch dissolved in ½ cup water (boullion, broth or clam juice)
- 1 tablespoon soy sauce

ADD:

Leftover protein food, or clams at this point. ½ cup shelled walnuts is a nice (optional) addition... Serves 2-3, with rice.

— Pat Murphy



PHOTO BY CHARLY FRANKLIN

Guardian Flea Market

An oasis of sunshine

Polly Ann Ice Cream, 3142 Noriega (between 38th and 39th Avenues), SF, 664-2472. Mon.-Thurs. noon-10 pm, Fri.-Sat. noon-11 pm.

Out in the foggiest nether reaches of San Francisco's Sunset District lies an oasis of sunshine. Even the name of the place exudes sunniness: Polly Ann Ice Cream. For nine years, proprietors Ted and Lee Johnson have been dishing out

flavors Messrs. Baskin and Robbins have probably never dreamed about. Flavors like Veggie, which Ted says is a concoction of tomatoes, asparagus, celery, beets and ten other vegetables. Or American Beauty, which has real rose petals in it. ("Tastes just like a rose smells," Ted points out.)

Ted says he makes all the ice cream himself, using 16% butterfat, fresh fruits in season, natural flavors and "just enough additives to keep it together." Altogether there are 160 rotating flavors, with about 35 to choose from at any one time. A recent check found something for everybody. For natural food freaks there are Sesame, Carob and Sunflower Seed flavors. For kids, there's a perennial favorite, Bubblegum, plus three varieties of Peanut Butter (with bananas, jelly or chocolate). Serious San Francisco drinkers can find Irish Coffee, Pina Colada (coconut, pineapple and rum) and Hard Hat (creme de menthe and whiskey). Other blends include Oasis (honey, dates and coconut), Spring Bouquet (peppermint, chocolate and strawberries) and Bumpy Freeway (a rocky road made with multi-colored marshmallows).

The hand-painted signs that announce different types of ice cream are as interesting as the flavors themselves: for example, Strange flavor, which shows a strawberry and a smiling orange (STRAWberry + oraNGE, get it?), or Kahoutek, which depicts a ring of pineapples circling a cherry. Over the Fourth of July weekend, the Hansens dipped the vanilla frosties in red, white and blue candies and served them with a miniature American flag on top.

Should you venture out to Polly Ann's don't neglect to take the family dog: the Hansens keep the canine community in mind by passing out free Towser-sized cones.

— Louise Cox

Mr. Natural

Mr. Natural's guests this week are Professor Wenowsky and Fan-boy Billy Bob?

